

# your guide

to Parks and Recreation  
Classes, Programs, and Events



Flip to page 4  
to learn about  
Hispanic Heritage Month!





***Being a senior in Prince George's County is better than ever!*** The Maryland-National Capital Park and Planning Commission (M-NCPPC), Department of Parks and Recreation, Prince George's County's Senior Services program is designed to help meet the needs, wants, and aspirations of seniors ages 60 & better as they age in place here in the County.



***Recognizing the diverse aging populations, we challenge ageism, celebrate the wisdom and experience of age, and provide opportunities to engage in meaningful activities that promote an active, healthy, and rewarding lifestyle!***



**The heart of the senior programs is our warm and inviting Senior Activity Centers just for residents ages 60 and over.** These senior activity centers offer monthly special events; trips with live entertainment; a variety of art, fitness, music, and other skill-building classes; and health program information to help our residents achieve their healthy aging goals!

**Visit one of our Senior Activity Centers today!**

**Camp Springs  
Senior Activity Center**

6420 Allentown Road  
Camp Springs 20748  
301-449-0490

[campspringsseniors@pgparks.com](mailto:campspringsseniors@pgparks.com)

**Gwendolyn Britt  
Senior Activity Center**

4009 Wallace Road  
Brentwood 20722  
301-699-1238

[gwendolynbrittseniors@pgparks.com](mailto:gwendolynbrittseniors@pgparks.com)

**Langley Park  
Senior Activity Center**

1500 Merrimac Drive  
Hyattsville 20783  
301-408-4343

[langelparkseniors@pgparks.com](mailto:langelparkseniors@pgparks.com)

**Evelyn Cole  
Senior Activity Center**

5720 Addison Road  
Seat Pleasant 20743  
301-386-5525

[evelyncoleseniors@pgparks.com](mailto:evelyncoleseniors@pgparks.com)

**John E. Howard  
Senior Activity Center**

4400 Shell Street  
Capitol Heights 20743  
301-735-2400

[johnehowardseniors@pgparks.com](mailto:johnehowardseniors@pgparks.com)

**Laurel-Beltsville Senior  
Activity Center**

7120 Contee Road  
Laurel 20707  
301-206-3350

[laurelbeltsvilleseniors@pgparks.com](mailto:laurelbeltsvilleseniors@pgparks.com)

Senior programs located at **Southern Area Aquatics & Recreation Complex**

13601 Missouri Avenue, Brandywine 20613

301-782-1455; [seniors@pgparks.com](mailto:seniors@pgparks.com)



**Join thousands of Prince George's County seniors ages 60 & better and get your FREE M-NCPPC Senior ID!** It is your senior super pass to the Department of Parks and Recreation in Prince George's County.

**Try one (or all) of our senior clubs to get out, be active, and healthy!**

- **Club 300 Senior Walking Club** – A popular year-round walking club.
- **Senior Green Team** – Work to protect, support, and preserve our natural resources!
- **Cycling Seniors Cycle Club** – Explore our beautiful Prince George's County trails on two wheels!

**Attend a fitness class, try your hand at a new sport, or pick up a new hobby!** With so many activities to choose from, you'll be sure to find an activity of interest to you



# *iCelebración!* HISPANIC HERITAGE MONTH 2023

From September 15 through October 15, you're invited to participate in a diverse array of events during Hispanic Heritage Month! Join us as we **CELEBRATE, HONOR, and LEARN MORE ABOUT** the rich heritage and culture of our Hispanic communities. **SAVE THE DATE FOR THESE UPCOMING EVENTS!**

View more Hispanic Heritage Month happenings at [pgparks.com/activities-events/events!](https://pgparks.com/activities-events/events!)



## SATURDAY, SEPTEMBER 16 • 2-6 PM

**Kick off the month with us at our annual Hispanic Heritage Month Celebración!**

This **FREE family-friendly event** for all ages will be held at the **Prince George's Publick Playhouse** (5445 Landover Rd., Hyattsville 20784) and will **feature:**

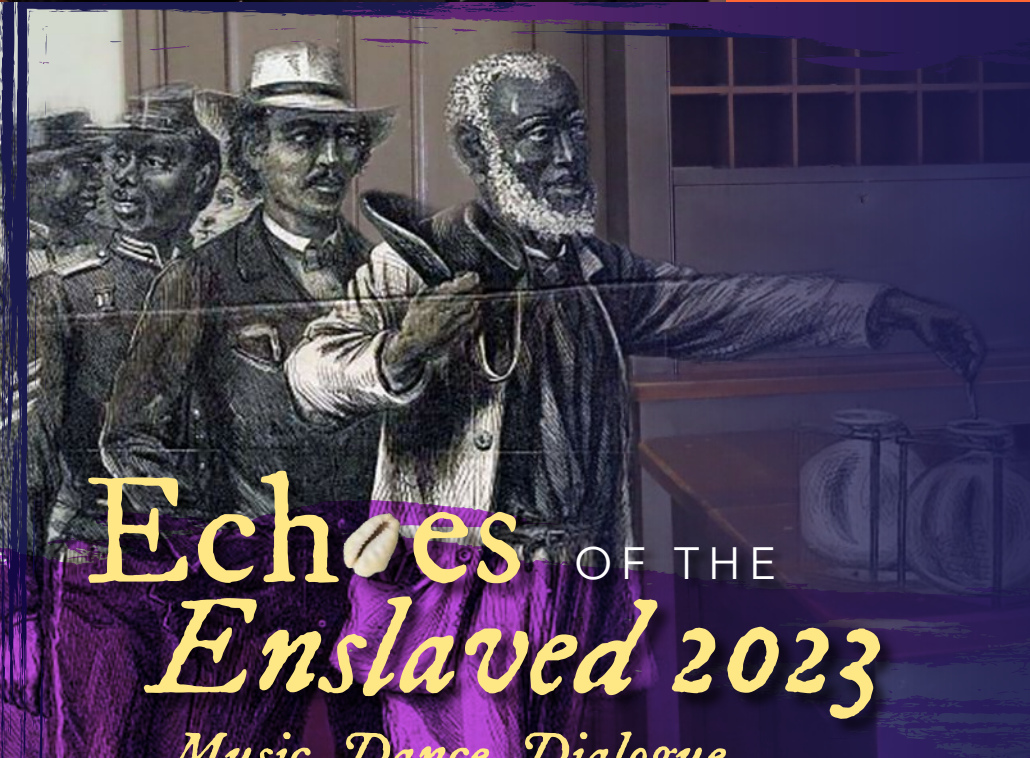
- An art exhibition and public reception displaying the works of Puerto Rican artist Alfredo Ortíz,
- The unveiling of the 2023 Hispanic Heritage Month poster by high school student artists in partnership with Pyramid Atlantic Art Center,
- Music, Dancing, and
- Light refreshments!

## SUNDAY, SEPTEMBER 17 • 12:30-5:30 PM

**Bring the entire family to this year's FREE Hispanic Festival at Lane Manor Park** (7601 West Park Dr. & University Blvd., Adelphi 20783).

**Join us for:**

- Music
- Live Entertainment
- Delicious Ethnic Food
- Craft Vendors
- Children's Area
- Teen Area
- Displays Exhibitors
- Carnival Games
- and much more!



## Echoes OF THE Enslaved 2023

*Music. Dance. Dialogue.*

Join M-NCPPC, Department of Parks and Recreation, Prince George's County and the Slave Dwelling Project for the annual Echoes of the Enslaved. This year's program will feature a day of conversations and provocations centered around the legacies of slavery, with an emphasis on freedom, resistance, and the right to vote.

**For more information and to register, visit [pgparks.com](https://pgparks.com). For questions and comments, email [surratthouse@pgparks.com](mailto:surratthouse@pgparks.com) or [archaeology@pgparks.com](mailto:archaeology@pgparks.com) or call 301-868-1121.**

### *Tuesday, September 12, 7 pm*

Join our partner Joe McGill and his co-author Herb Frazier in a virtual discussion about their new book, *Sleeping with the Ancestors: How I Followed the Footprints of Slavery*. Hosted by the PGC Memorial Library System. Visit [pgcmls.info/event/8088503](https://pgcmls.info/event/8088503) to register.

### *Saturday, September 16, 12 noon - 9:30pm*

#### **12 NOON-4 PM: BLOCK PARTY**

Celebrate Black resistance and resilience with live music, African-inspired artists, and local organizations. Book signing with Joe McGill and Herb Frazier for *Sleeping with the Ancestors*. Enjoy tours of the museum at 1 pm and 3 pm.

#### **4-5:30 pm: Conversation Provocation**

Reckon with the legacies of slavery and explore the fight for enfranchisement with several activists and scholars. Audience participation encouraged.

#### **5:30-7:30 PM: FOOD FOR THOUGHT**

Gather to break bread, reflect, and make meaningful connections. A final tour of the museum will occur at 7 pm.

#### **8-9:30 PM: FIRESIDE CHATS**

Gather around the bonfire to continue the discussion of slavery and its impact on our modern world.

### *October and November 2023*

The Surratt House and the Archaeology Office invite you to preserve our local heritage in two, 3-week hands-on workshops. Artifacts recovered over 40 years ago need to be properly stored and analyzed. Prior experience not necessary. Registration forthcoming.





**PRINCE GEORGE'S  
PLANNING BOARD**

Peter A. Shapiro, *Chair*  
Dorothy F. Bailey  
William M. Doerner  
Manuel R. Geraldo  
A. Shuanise Washington

Asuntha Chiang-Smith, *Executive Director*

The facilities and services of The Maryland-National Capital Park and Planning Commission are available to all without regard to race, color, religion, sex, age, national origin, physical or mental disabilities, or ability to pay.

**OUR MISSION**

In partnership with our citizens, the Department of Parks and Recreation provides comprehensive park and recreation programs, facilities, and services which respond to changing needs within our communities. We strive to preserve, enhance, and protect our open spaces to enrich the quality of life for present and future generations in a safe and secure environment.

**DEPARTMENT OF PARKS AND RECREATION**

Bill Tyler, *Director*

Steve Carter, *Deputy Director of Parks and Facilities Management*

Alvin McNeal, *Deputy Director of Administration & Development*

Wanda Ramos, *Deputy Director of Recreation and Leisure Services*

**CUSTOMER SERVICE HELP DESK**

301-699-CALL (2255); Park Permits: 301-699-2400

**PARK POLICE**

301-459-9088; TTY 301-459-3051

**ADMINISTRATION & DEVELOPMENT**

**Information Technology Services** | 301-454-1515

**Management Services** | 301-699-2255

**Park Planning & Development** | 301-699-2525

**Public Affairs & Community Engagement** | 301-446-3300

**Special Projects** | 301-446-6856

**PARKS & FACILITIES MANAGEMENT**

**Arts & Cultural Heritage** | 301-446-3232

**Facility Services** | 301-780-2300

**Natural & Historic Resources** | 301-627-2270

**Northern Region Parks** | 301-918-4700

**Southern Region Parks** | 301-265-7000

**RECREATION & LEISURE SERVICES**

**Aquatics & Athletic Facilities** | 301-446-6800

**Northern Recreation & Leisure Services** | 301-445-4500

**Southern Recreation & Leisure Services** | 301-203-6000

**Special Programs** | 301-446-3400

**Youth & Countywide Sports** | 301-446-6800

**PRINCE GEORGE'S COUNTY PARKS  
AND RECREATION FOUNDATION**

301-446-3340

Maryland Relay 7-1-1 for customers who are deaf, hard of hearing, or have a speech disability.

# your guide

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Classes, Programs, and Events


## FALL GUIDE / SEPTEMBER 1 - NOVEMBER 30

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**Photo and Video Policy**

M-NCPPC, Department of Parks and Recreation staff may take photos or videos of participants in programs and special events, or people in parks or on park property, and use these images to promote M-NCPPC activities, events, and facilities.



## PARKS DIRECT Printable Gift Cards

*Looking for the perfect way to say happy holidays, happy birthday, thinking of you or thank you? Give the gift of recreation! M-NCPPC, Department of Parks and Recreation's printable gift cards make great gifts for family and friends. Learn more at [pgparksdirect.com](http://pgparksdirect.com) and search 'gift card'.*





# How to register for an activity...

**Note:** In order to participate in a **virtual** activity, you must download Microsoft Teams® that requires a computer operating system of Windows 10 or newer or Mac OS X 10.11 El Capitan or later. **Registration is available only at [pgparksdirect.com](https://pgparksdirect.com).**

Registration for an activity begins:  
**WEDNESDAY, August 16:** for Prince George's County Residents  
**WEDNESDAY, August 23** for Non-Residents

To register, you will need your PARKS DIRECT login information, course number, and any major credit/debit card.

**(Note:** You must have a PARKS DIRECT account established prior to registering for any program. For information about obtaining a FREE PARKS DIRECT account, visit [pgparksdirect.com](https://pgparksdirect.com))

**NEW!** Setting up a new PARKS DIRECT account? You can upload age and residency verification documents from your computer or smartphone.

From a personal computer, you'll need to have images of your documents saved to your computer. From a smartphone, you'll be able to take a picture using your camera at the time of upload. For the list of acceptable age and residency verification documents, please visit [pgparks.com](https://pgparks.com) and search for: First Time Account Setup.

Uploading a document will not make an immediate update to your account. The Customer Service Help Desk team will review and respond to you via email within 2 business days.

- Once you're on [pgparksdirect.com](https://pgparksdirect.com), search for programs in either Activities or Special Events/Performances, and enter barcodes.
- Click the plus sign (+) in the first column to add an activity to your shopping cart. A footer appears at the bottom of the screen confirming your selection.
- Click "Add To Cart." (**Note:** If you haven't logged into your PARKS DIRECT account, you will be prompted to do so upon adding the activity to your cart.)
- Choose the customer from your account that will be participating in the activity by checking the box for each family member. You may enroll multiple people for the same activity simultaneously.
- The activity enrollment is added to the shopping cart.
- You may browse other options by clicking "Continue Shopping" or finalize the transaction by clicking "Proceed To Checkout."
- Fill in payment information as necessary.
- Upon successful payment processing, you'll be directed to a page where you can:
  - Fill out a quick survey about your experience.
  - View receipt as a PDF.
  - Email a copy of your receipt to any address.

**Questions?** Contact the Customer Service Help Desk at [CustomerService@pgparks.com](mailto:CustomerService@pgparks.com).

## Resident Registration and Fees

The Maryland-National Capital Park and Planning Commission policy gives priority to Prince George's County residents during program and class enrollment; it also increases registration fees by approximately 30 percent for non-residents, or those living outside Prince George's and Montgomery Counties. This procedure ensures that the citizens who fund these programs through their tax dollars have the first option to enroll. After the priority registration period, registrations are accepted from residents of all jurisdictions. The fee schedule applies to all Commission programs and facilities in Prince George's County, with a few exceptions such as performance tickets and historic site admission fees. **\*Note:** Full payment is due at registration unless a class or program has a scheduled payment structure i.e. Kids' Care, Trips & Excursions.

Need help? Email the Customer Service Help Desk at [CustomerService@pgparks.com](mailto:CustomerService@pgparks.com).

## Fee Structure

Please note that fees are listed in groups, allowing a reduced fee for county residents. A guide to this fee structure is shown below.

- (R)** Residents of Prince George's and Montgomery Counties
- (NR)** Non-Residents: residents living anywhere except Prince George's and Montgomery Counties
- (IA)** Residents living in the impact area of the Prince George's Sports & Learning Complex

## Impact Area Fees & Registration

**(IA)** means residents living in the Impact Area of the Prince George's Sports & Learning Complex/Wayne K. Curry Sports & Learning Center. Impact Area residents receive a fee reduction for programs at the Prince George's Sports & Learning Complex/Wayne K. Curry Sports & Learning Center only. For more information, contact [splex@pgparks.com](mailto:splex@pgparks.com).

## Refund Policy

The registrant is entitled to a 100% refund, or a credit to his/her account, in the event that The Maryland-National Capital Park and Planning Commission cancels a course. The registrant may withdraw from a course at any time prior to course end, and will be entitled to receive a pro-rated credit to his/her account, based on the number of classes remaining at the time the withdrawal is requested. All withdrawals performed within 7 days of the course start must be processed by the facility offering the program; withdrawals with additional advanced notice may be processed online or at any other facility. Except for within 24 hours of the original registration date, a 20% Withdrawal Fee will be assessed on any funds resulting from the withdrawal. This fee will be waived in the event of course cancellation, postponements, changes made by M-NCPPC, or if otherwise stated by the Facility Manager. No requests for refunds will be accepted after a course is completed. No cash refunds will be allowed. Refunds for credit card purchases will be issued as a credit to the credit card account. Check refunds may take 3–4 weeks to process. No refund or credit will be issued for classes missed by the participant. Some activities have different refund/withdrawal policies that supersede this standard policy, as identified in the course description or details.

## Non-Sufficient Funds Fee

The NSF fee for returned checks is \$35.

## Fee Assistance

Fee assistance is available for Prince George's County residents only (does not apply to all programs/facilities). Formal proof of need is required. Forms are available at area community centers and can be downloaded from [pgparks.com](https://pgparks.com).

## Fees Subject to Change

The fees in this program guide are subject to change. Please contact the facility offering the program for up-to-date information.

## Stay in Touch!

If you have registered for a class or trip within the last 2 years via our registration system, you will automatically receive the quarterly Your Guide to Parks and Recreation. New to the area, or haven't registered in the past 2 years? Then, email [public.affairs@pgparks.com](mailto:public.affairs@pgparks.com) and we'll mail you a FREE copy of the current Guide. Want to get the latest in your parks and recreation events and programs via our Monday morning e-newsletter? Send an email request to [public.affairs@pgparks.com](mailto:public.affairs@pgparks.com) and you'll receive a weekly e-newsletter about upcoming Department of Parks and Recreation programs and events.

## Disability Services (Therapeutic Recreation and Program Access)

M-NCPPC is dedicated to providing quality parks and recreation programs, facilities, and services that are inclusive and accessible to all patrons. The Department of Parks and Recreation ensures compliance with the Americans with Disabilities Act (ADA) by taking all reasonable steps to remove barriers to participation in programs and services.

All disability modification requests should be noted on PARKS DIRECT accounts and/or requested a minimum of two weeks in advance of the program's start date. For disability modifications, contact Program Access Staff at [program.access@pgparks.com](mailto:program.access@pgparks.com) or call 301-249-7200 (voice) or Maryland Relay 7-1-1.



# Información sobre cómo inscribirse para actividades

Para participar en una actividad o clase **virtual**, debe descargar el programa/software de chat grupal llamado “Microsoft Teams®.” **Nota:** se requiere un sistema operativo de computadora con Windows 10 o más nuevo, o con Mac OS X 10.11 El Capitan. **La inscripción está disponible a través del internet—visite [pgparksdirect.com](http://pgparksdirect.com).**

**La inscripción para las actividades/clases en persona empieza:**  
**miércoles, 16 de agosto: para los residentes del Condado de Prince George's**  
**miércoles, 23 de agosto: para los que residen fuera del Condado de Prince George's**

Para inscribirse, necesitará: su nombre de usuario y contraseña de PARKS DIRECT, número de actividad/curso, y número de tarjeta de crédito/débito y su fecha de vencimiento.

**(Nota:** Antes de inscribirse en cualquier programa, usted debe establecer una cuenta GRATIS de PARKS DIRECT. Visite [pgparksdirect.com](http://pgparksdirect.com) para información sobre cómo obtener una cuenta de PARKS DIRECT.)

**¡NUEVO!** ¿Está configurando una nueva cuenta de PARKS DIRECT? Usted puede cargar documentos de verificación de edad y residencia desde su computadora o smartphone (teléfono inteligente).

Desde una computadora personal, necesitará tener imágenes de sus documentos guardadas en su computadora. Desde un smartphone (o teléfono inteligente), podrá tomar una foto con su cámara en el momento de la carga. Para obtener la lista de documentos aceptables de verificación de edad y residencia, visite [pgparks.com](http://pgparks.com), haga clic en la pestaña “Actividades y servicios” en la parte superior de la página y después haga clic en “Configuración de cuenta por primera vez.”

Cargar un documento no hará una actualización inmediata en su cuenta. La Oficina de Asistencia al Cliente lo revisará y le responderá por correo electrónico dentro de los dos (2) días hábiles.

- Una vez que esté en [pgparksdirect.com](http://pgparksdirect.com), busque programas en Actividades o Eventos / Actuaciones especiales e ingrese los códigos de barras.
- Haga clic en el signo más (+) en la primera columna para añadir una actividad a su carrito de compras. Aparecerá una señal en la parte inferior de la pantalla confirmando su selección.
- Haga clic en “Agregar al carrito”. **(Nota:** si no ha iniciado sesión en su cuenta PARKS DIRECT, se le pedirá que lo haga antes de agregar la actividad a su carrito.)
- Elija el cliente de su cuenta que participará en la actividad marcando la casilla para cada miembro de la familia. Puede inscribir a varias personas para la misma actividad a la misma vez.
- La inscripción a la actividad se agregará al carrito de compras.
- Puede explorar otras opciones haciendo clic en “Seguir comprando” o finalizar la transacción haciendo clic en “Proceder al pago”.
- Complete la información de pago según sea necesario.
- Una vez que el pago se haya procesado correctamente, se le dirigirá a una página donde puede:
  1. Completar una encuesta rápida sobre su experiencia.
  2. Ver el recibo como un PDF (documento digital)
  3. Enviar una copia de su recibo a la dirección de su correo electrónico.

**Si tiene preguntas**, por favor mande un correo electrónico a [customerservice@pgparks.com](mailto:customerservice@pgparks.com).

## Inscripción y tarifas para residentes

La política de la Comisión de Parques y Planificación de Maryland —Área de la Capital Nacional (“M-NCPPC” por sus siglas en inglés) da prioridad a los residentes del Condado de Prince George’s durante la inscripción al programa y a la clase. También aumenta las tarifas de inscripción en aproximadamente un 30 por ciento para los no residentes o aquellos que viven fuera de los condados de Prince George’s y Montgomery. Este procedimiento asegura que los ciudadanos que financian estos programas a través de sus impuestos tengan la primera opción para inscribirse. Después del período de inscripción de prioridad, se aceptan inscripciones de residentes de todas las jurisdicciones. El programa de tarifas se aplica a todos los programas e instalaciones de M-NCPPC en el Condado de Prince George’s, con algunas excepciones, como boletos para actualizaciones y espectáculos, y tarifas de admisión a sitios históricos. **\*Nota:** Se debe pagar el pago total en el momento de la inscripción, a menos que una clase o programa tenga una estructura de pago programada, es decir, el programa de cuidado de niños llamado “Kids’ Care” o nuestros viajes y excursiones.

¿Necesita ayuda? Envíe un correo electrónico a la Oficina de Servicio al Cliente a [CustomerService@pgparks.com](mailto:CustomerService@pgparks.com).

## Estructura de tarifas

Tenga en cuenta que las tarifas se enumeran en grupos, lo que permite una tarifa reducida para los residentes del condado. A continuación, se muestra una guía de esta estructura de tarifas.

**(R)** se refiere a personas que residen en los condados de Prince George’s y Montgomery

**(NR)** se refiere a personas que NO residen en los condados de Prince George’s y Montgomery

**(IA)** se refiere a personas que viven en el Área de Impacto del Sports & Learning Complex en el Condado de Prince George’s

## Inscripción y tarifas del Área de Impacto

**(IA)** se refiere a personas que viven en el Área de Impacto del Sports & Learning Complex en el Condado de Prince George’s. Los residentes del Área de Impacto pueden inscribirse con prioridad durante una semana y recibir una reducción de la tarifa para los programas en el Prince George’s Sports & Learning Complex. Para obtener más información, mande un correo electrónico a [splex@pgparks.com](mailto:splex@pgparks.com).

## Política de Reembolso

En caso de que M-NCPPC cancele un curso, el inscrito recibirá un reembolso completo, es decir de 100% o un crédito en su cuenta de PARKS DIRECT. El inscrito puede retirarse de un curso en cualquier momento antes de que finalice el curso y tendrá derecho a recibir un crédito prorrateado en su cuenta, basado del número de clases restantes en el momento en que se solicite el retiro. Todos los retiros dentro de los 7 días de la fecha de inicio del curso deben ser realizados por la instalación que ofrece el programa. Los retiros con aviso adicional por adelantado se pueden procesar en línea o en cualquier otra instalación. Se aplicará una tarifa de retiro del 20% sobre los fondos que resulten del retiro, excepto dentro de las 24 horas posteriores a la fecha de inscripción original. Esta tarifa no se aplicará en caso de cancelación del curso, aplazamientos, cambios realizados por M-NCPPC o si el Gerente de la instalación establece lo contrario. No se aceptarán solicitudes de reembolso después de que se complete un curso. No se permitirán reembolsos en efectivo. Los reembolsos por compras con tarjeta de crédito se emitirán como crédito a la cuenta de la tarjeta de crédito. Los reembolsos de cheques pueden tardar de 3 a 4 semanas en procesarse. No se emitirá ningún reembolso o crédito por las clases perdidas por el participante. Algunas actividades tienen diferentes políticas de reembolso/retiro que reemplazan esta política estándar, como se identifica en la descripción o los detalles del curso.

## Política de cheques sin fondos

M-NCPPC cobrará una cuota administrativa de \$35 por cheques que reboten por falta de fondos.

## Ayuda financiera

Ayuda financiera está disponible solamente para los residentes del Condado de Prince George’s (no se aplica a todos los programas /instalaciones). Se requiere prueba formal de necesidad. Para obtener los formularios en inglés o español, pase por cualquier centro comunitario o visite [pgparks.com](http://pgparks.com), haga clic en la pestaña “Nuestra historia” en la parte superior de la página y después haga clic en “Programa de asistencia de tarifas.”

## Las tarifas están sujetas a cambios

Las tarifas de esta guía de las clases están sujetas a cambios. Comuníquese con la instalación que ofrece el programa para obtener información actualizada.

## Manténgase informado

Si se ha inscrito en una clase o viaje en los últimos dos (2) años a través de PARKS DIRECT, usted recibirá automáticamente nuestra Guía trimestral de Parques y Recreación. ¿Es nuevo en el área o no se ha inscrito en los últimos dos (2) años? Envíe un correo electrónico a [public.affairs@pgparks.com](mailto:public.affairs@pgparks.com) y le enviaremos una copia GRATUITA de la Guía. ¿Quiere mantener informado acerca de los próximos eventos y programas de recreación? Envíe un correo electrónico a [public.affairs@pgparks.com](mailto:public.affairs@pgparks.com) con el asunto “Boletín Informativo” y recibirá un boletín electrónico semanal sobre los próximos programas y eventos del Departamento de Parques y Recreación.

## Servicios para personas con discapacidades (acceso a programas y recreación terapéutica)

M-NCPPC, Departamento de Parques y Recreación está dedicado a proporcionar programas, instalaciones y servicios de calidad que sean inclusivos y accesibles para todos los usuarios. El Departamento garantiza el cumplimiento de la Ley sobre Estadounidenses con Discapacidades (ADA por sus siglas en inglés) al tomar todas las medidas razonables para eliminar las barreras a la participación en programas y servicios.

Todas las solicitudes de modificaciones de discapacidad deben indicarse en las cuentas de PARKS DIRECT y/o deben ser solicitadas con un mínimo de dos semanas antes de a la fecha de comienzo del programa. Para obtener más información, por favor comuníquese con el personal de acceso a programas al 301-249-7200 (voz) o por correo electrónico a [program.access@pgparks.com](mailto:program.access@pgparks.com). Para personas con discapacidades auditivas o del habla, pueden llamar al Maryland Relay 7-1-1, para pedir asistencia.





# Virtual Activities & One Day Programs and Hybrid Programs

Reservations or pre-registration is required at [pgparksdirect.com](https://pgparksdirect.com). In order to participate in a virtual event/workshop, you must download Microsoft Teams®, which requires a computer operating system of Windows 10 or newer or Mac OS X 10.11 El Capitan or later. For technical questions, please contact [CustomerService@pgparks.com](mailto:CustomerService@pgparks.com), or call 301-699-2255(CALL).

## ADULTS

### Bio-Fitness

Want the best of both worlds? The finest of hi-impact and low-impact classes are combined giving you a balanced, cardio workout. Push your heart rate but not your joints! Participants can modify choreography to suit their range of mobility while working towards their fitness goals. Take pleasure connecting with others as you exercise to great health. Patrons may register on-site for 1 day/week course at select sites. For single weekday courses contact the center for registration details.

[fairlandaquatics@pgparks.com](mailto:fairlandaquatics@pgparks.com)

|                               |   |                             |
|-------------------------------|---|-----------------------------|
| <b>31415-586A</b><br>Tue, Thu | 18 & up<br>5:30 - 6:30pm<br>\$41(R); \$54(NR) | 12 classes<br>starts Sep 5  |
| <b>31415-586B</b><br>Tue, Thu | 18 & up<br>5:30 - 6:30pm<br>\$45(R); \$59(NR) | 13 classes<br>starts Oct 17 |

### Spanish Level I: Adults

This introductory Spanish course empowers adults to speak conversationally to neighbors, develop a useful work skill, and start the process of becoming fluent.

[glenndalecc@pgparks.com](mailto:glenndalecc@pgparks.com)

|                           |   |                            |
|---------------------------|---|----------------------------|
| <b>31402-527A</b><br>Thu  | 18 & up<br>7:00 - 8:00pm<br>\$55(R); \$72(NR) | 6 classes<br>starts Sep 14 |
| <b>31402-527AA</b><br>Thu | 18 & up<br>8:00 - 9:00pm<br>\$55(R); \$72(NR) | 6 classes<br>starts Sep 14 |
| <b>31402-527B</b><br>Thu  | 18 & up<br>7:00 - 8:00pm<br>\$55(R); \$72(NR) | 6 classes<br>starts Nov 2  |
| <b>31402-527BB</b><br>Thu | 18 & up<br>8:00 - 9:00pm<br>\$55(R); \$72(NR) | 6 classes<br>starts Nov 2  |

## SENIORS

### Bio Fitness and Cardio Fit: Seniors

Aerobics class for cardio benefit. Low or hi-impact class.

[southernprograms@pgparks.com](mailto:southernprograms@pgparks.com)

|                          |  |                            |
|--------------------------|--|----------------------------|
| <b>31511-576A</b><br>Tue | 60 & up<br>9:30 - 10:30am<br>\$15(R); \$20(NR) | 6 classes<br>starts Sep 12 |
| <b>31511-576B</b><br>Thu | 60 & up<br>9:30 - 10:30am<br>\$15(R); \$20(NR) | 6 classes<br>starts Sep 14 |
| <b>31511-576C</b><br>Tue | 60 & up<br>9:30 - 10:30am<br>\$15(R); \$20(NR) | 6 classes<br>starts Oct 24 |
| <b>31511-576D</b><br>Thu | 60 & up<br>9:30 - 10:30am<br>\$15(R); \$20(NR) | 6 classes<br>starts Oct 26 |

## MIXED AGES

### Becoming a Water Safety Ambassador

Be an H2O hero! Teachers, adult, and youth leaders can become a water safety ambassador in our exciting, free, online course from The American Red Cross. Learn water safety basics. Understand how to teach water safety in a classroom to your community with American Red Cross materials. Register now and have a positive impact on the drowning rates in your locality.

[pg-aquatics@pgparks.com](mailto:pg-aquatics@pgparks.com)

|                               |                                    |                            |
|-------------------------------|------------------------------------|----------------------------|
| <b>31691-5100A</b><br>Mon-Sun | 13 & up<br>12:00 - 12:00am<br>Free | 91 classes<br>starts Sep 1 |
|-------------------------------|------------------------------------|----------------------------|

### Child and Baby First Aid/CPR/AED

Be prepared for real world emergencies! Learn, virtually, how to recognize and respond to a variety of dangers. These incidents may include breathing and cardiac emergencies involving children and babies as well as the need for first aid. Sign up for this American Red Cross online course featuring award-winning, interactive simulation. Course requirement: PC or tablet with high-speed internet connection. Not supported: smart phones, Internet Explorer. Our course does not meet OSHA requirements for workplace certification.

[pg-aquatics@pgparks.com](mailto:pg-aquatics@pgparks.com)

|                               |                                    |                            |
|-------------------------------|------------------------------------|----------------------------|
| <b>31697-5100A</b><br>Mon-Sun | 15 & up<br>12:00 - 12:00am<br>Free | 91 classes<br>starts Sep 1 |
|-------------------------------|------------------------------------|----------------------------|

### Spanish Level I: Mixed Ages

Hola! Do you want to learn how to have a conversation in Spanish? Understand basic vocabulary, grammar, and conversation in our fun course! Sign up to build self-confidence and achieve your dreams of learning a new language.

[glenndalecc@pgparks.com](mailto:glenndalecc@pgparks.com)

|                          |  |                            |
|--------------------------|--|----------------------------|
| <b>31606-527A</b><br>Tue | 6 - 13yrs.<br>6:00 - 7:00pm<br>\$55(R); \$72(NR) | 6 classes<br>starts Sep 12 |
| <b>31606-527B</b><br>Tue | 6 - 13yrs.<br>7:00 - 8:00pm<br>\$55(R); \$72(NR) | 6 classes<br>starts Sep 12 |
| <b>31606-527C</b><br>Tue | 6 - 13yrs.<br>6:00 - 7:00pm<br>\$55(R); \$72(NR) | 6 classes<br>starts Oct 31 |
| <b>31606-527D</b><br>Tue | 6 - 13yrs.<br>7:00 - 8:00pm<br>\$55(R); \$72(NR) | 6 classes<br>starts Oct 31 |

### Water Safety for Parents and Caregivers

Be water safe! This important, free, online course, from The American Red Cross, will develop your awareness of the risks of drowning and how to minimize the danger, especially for young children. Adults learn drowning prevention, water safety skills especially concerning children in common environments, and the chain of drowning survival. Don't miss this opportunity to become confident and safe around water.

[pg-aquatics@pgparks.com](mailto:pg-aquatics@pgparks.com)

|                               |                                    |                            |
|-------------------------------|------------------------------------|----------------------------|
| <b>31692-5100A</b><br>Mon-Sun | 16 & up<br>12:00 - 12:00am<br>Free | 91 classes<br>starts Sep 1 |
|-------------------------------|------------------------------------|----------------------------|

### “The Freedom Journey: Secrets of the Underground Railroad”

Join Marietta House Museum for this virtual presentation. Learn about freedom seekers' plans; names of helpers; and hiding places with storyteller/cultural interpretive guide, Dionne Patterson of UGR3DAY Underground Railroad Experiences, Inc. Mrs. Patterson, also known as “Conductor Dee,” will share historical accounts of the secret network called The Underground Railroad. She will highlight stories of how men, women, and children prepared for the grueling journey in search of freedom, using their social ties, financial savings, knowledge about geography and plants and herbs to survive, and unique ways that some freedom seekers navigated their way North. Agents who gave aide to those secretly traveling on the Underground Railroad also took risks and suffered consequences as they selflessly guided self-emancipating champions. Recommended for ages 8 & up. Fee: \$5/person. Please register in advance at [pgparksdirect.com](https://pgparksdirect.com) to receive the Microsoft Teams link for this event. For more information, please call 301-464-5291 or send an email to [mariettahouse@pgparks.com](mailto:mariettahouse@pgparks.com).

[mariettahouse@pgparks.com](mailto:mariettahouse@pgparks.com)

|                                       |                   |               |
|---------------------------------------|-------------------|---------------|
| <b>MHM-SPEC-GA-20230921</b><br>8 & up | Thu Sep 21<br>\$5 | 6:30 - 8:00pm |
|---------------------------------------|-------------------|---------------|

### Dine, Learn and Move: My Healthy Metabolism

Eating better and moving more are always a great way to stay healthy. But if you are still holding on to extra pounds, we have some tips for you! Join us this month for a weight training segment, nutrition tips to kick-start your metabolism, and a live cooking demonstration that showcase recipes to support weight loss. All exercises will include modifications for those who wish to participate seated. Registration required.

[wellness@pgparks.com](mailto:wellness@pgparks.com)

|   |                    |               |
|---|--------------------|---------------|
| <b>SPD-SPEC-GA-20230927</b><br>All ages | Wed Sep 27<br>Free | 6:00 - 7:30pm |
|---|--------------------|---------------|

### Dine, Learn and Move: Eating Healthy on a Budget

As food costs continue to increase, staying on track with healthy eating goals can seem impossible. This month we will discuss ways to eat healthily without breaking the bank. Join us as we provide helpful tips and strategies you can use while shopping and cooking to support a budget-friendly and healthy lifestyle. The session will start with physical activity and end with a live cooking demonstration. Registration required.

[wellness@pgparks.com](mailto:wellness@pgparks.com)

|   |                    |               |
|---|--------------------|---------------|
| <b>SPD-SPEC-GA-20231025</b><br>All ages | Wed Oct 25<br>Free | 6:00 - 7:30pm |
|---|--------------------|---------------|





Dine, Learn & Move: Healthy Hacks for the Holidays

The holidays are filled with seasonal foods, extra trimmings, sweets, events, and everything in between. It can be easy to lose track of your food portions and skip physical activity altogether. Join us in learning simple holiday hacks to achieve and maintain healthy habits throughout the season. We will kick off this month’s session with a group physical activity and end with a live cooking demonstration! Registration required.

wellness@pgparks.com

|                      |            |               |
|----------------------|------------|---------------|
| SPD-SPEC-GA-20231115 |            |               |
| All ages             | Wed Nov 15 | 6:00 - 7:30pm |
| Free                 |            |               |

Fry, Fry Baby: Air-fryer Tips and Tricks Nutrition Workshop

It’s a fact that fried foods just taste awesome. Thanks to the air fryer, they can also be healthy-ish. Learn how to boost your produce intake, reduce your saturated fat intake, and keep your taste buds happy throughout the holiday season. Registration required.

wellness@pgparks.com

|                      |            |               |
|----------------------|------------|---------------|
| SPD-SPEC-GA-20231129 |            |               |
| All ages             | Wed Nov 29 | 6:00 - 7:00pm |
| Free                 |            |               |

Hybrid Programs

ADULTS

Walk with Ease - Hybrid

Walk tall with the trees! Walking benefits your mind, mood, and overall health. Developed by the Arthritis Foundation, this program, though open to everyone, aims to reduce the pain of arthritis, increase balance and strength, lift your spirits and, as an extra bonus, you’ll build relationships with other walk-minded people. We combine our walking with health education and warm up/cool down exercises. Get more active and achieve your fitness goals! Please contact the offering facility for schedule.

|                             |                |                      |
|-----------------------------|----------------|----------------------|
| Beltsville Community Center |                | wellness@pgparks.com |
| 32401-579B                  | 18 & up        | 18 classes           |
| Mon, Wed, Fri               | 9:00 - 10:00am | starts Sep 18        |
| \$10(R); \$13(NR)           |                |                      |

|                       |               |                      |
|-----------------------|---------------|----------------------|
| Watkins Regional Park |               | wellness@pgparks.com |
| 32401-579A            | 18 & up       | 18 classes           |
| Tue, Thu, Sat         | 8:00 - 9:00am | starts Sep 5         |
| \$10(R); \$13(NR)     |               |                      |





# In-Person Ticketed Events

All events listed below are single-day events with limited capacity. Tickets must be reserved or purchased online via [pgparksdirect.com](https://pgparksdirect.com) before attending the event; no tickets will be sold on site. For the most up-to-date COVID-19 guidelines, please visit [pgparks.com](https://pgparks.com). If not feeling well, please stay home. Some events may be canceled due to inclement weather or wet grounds. Sign up for PG Parks Alerts at [pgparks.com](https://pgparks.com) to receive the latest information on M-NCPPC, Department of Parks and Recreation closures, cancellations, and emergencies.

## Get Fit Mobile: Fall Harvest

Wondering how to use those fall fruits and veggies? Stop by the Get Fit Mobile unit for new recipes to enjoy and fun activities to try. Good nutrition starts with MyPlate! Learn to plant fresh vegetables to go on your plate. Planting supplies provided. Bring the whole family!

| Ellen E. Linson Splash Park |                    | linsonpool@pgparks.com    |
|-----------------------------|--------------------|---------------------------|
| SPD-SPEC-GA-20230902        |                    |                           |
| All ages                    | Sat Sep 2<br>Free  | 12:00 - 2:00pm            |
| SPD-SPEC-GA-20231007        |                    |                           |
| All ages                    | Sat Oct 7<br>Free  | 12:00 - 2:00pm            |
| SPD-SPEC-GA-20231104        |                    |                           |
| All ages                    | Sat Nov 4<br>Free  | 12:00 - 2:00pm            |
| Marietta House Museum       |                    | mariettahouse@pgparks.com |
| SPD-SPEC-GA-20230916        |                    |                           |
| All ages                    | Sat Sep 16<br>Free | 12:00 - 2:00pm            |
| SPD-SPEC-GA-20231021        |                    |                           |
| All ages                    | Sat Oct 21<br>Free | 12:00 - 2:00pm            |
| SPD-SPEC-GA-20231118        |                    |                           |
| All ages                    | Sat Nov 18<br>Free | 12:00 - 2:00pm            |

## “Maryland Freedom Seekers on the Underground Railroad” with author Jenny Masur

Please join us for a discussion with author Jenny Masur as she talks about her book and research for “Maryland Freedom Seekers on the Underground Railroad”. This FREE, in-person event will be held at Marietta House Museum. For more information, contact 301-464-5291 or MariettaHouse@pgparks.com.

| Marietta House Museum | mariettahouse@pgparks.com |                |
|-----------------------|---------------------------|----------------|
| MHM-SPEC-GA-20230906  |                           |                |
| 8 & up                | Wed Sep 6                 | 12:00 - 1:00pm |
|                       | Free                      |                |

## Adult Sensory Swim Night

This event are designed for families with adults with sensory-processing differences, autism spectrum disorder, or developmental disabilities.

| Southern Regional Aquatic Wellness Ce<br>wellnesscenterpool@pgparks.com |                                |               |
|---|--------------------------------|---------------|
| SRAWC-SPEC-GA-20230909  |                                |               |
| 18 & up   | Sat Sep 9<br>\$22(R); \$29(NR) | 5:00 - 7:00pm |

## The Fast & Furriest Doggie Olympics

Pets of all ages, sizes and abilities have a chance to go for the gold in the Fast & Furriest Doggie Olympics. These games are based on a lot of silliness, not much teamwork, but a TON OF FUN with our fur babies. Dogs will or will not follow instructions; will or will not ignore distractions; retrieve or not return objects; demonstrate or not, agility, and of course, show their love for their owners. Most importantly, these games highlight the teamwork and bond between owner and dog. It is 0% structured and 90% FUN! All dogs must be leashed with current up-to-date vaccinations. If in doubt, please put a muzzle on that snout. Who’s going home with gold? There will be many winners. Pre-Registration is highly recommended because we have a strict limit of humans, sorry dogs that we will accept. Onsite registration will be allowed on a first come first serve basis and if we have the space. \$25R per dog or \$30 day of event. Please RSVP to Berwyn Heights Community Center staff either in person, online or by calling 301-345-2808 by September 9th.

| Berwyn Heights Community Center<br>berwynheightscc@pgparks.com |                                 |                  |
|--|---------------------------------|------------------|
| BHCC-SPEC-GA-20230916  |                                 |                  |
| 5 - 50yrs.   | Sat Sep 16<br>\$10(R); \$13(NR) | 11:00am - 1:00pm |

## Space Chat with NASA

We are bringing space exploration to you! Join us for a meet-and-greet with a NASA scientist and an expert local astronomer. Dress in space-themed attire and be a part of something galactic.

| Bowie Community Center |                               | bowiecc@pgparks.com |
|------------------------|-------------------------------|---------------------|
| BCC-SPEC-GA-20230916   |                               |                     |
| 6 & up                 | Sat Sep 16<br>\$5(R); \$7(NR) | 11:00am - 1:00pm    |

## Get Fit Mobile: Chalk It Up!

Express yourself! Join us as we draw in full color. Drawing can also encourage your child’s body awareness skills by tracing their hands or feet.

| Lane Manor Park         |                    | wellness@pgparks.com |
|-------------------------|--------------------|----------------------|
| SPD-SPEC-GA-20230919    |                    |                      |
| All ages                | Tue Sep 19<br>Free | 5:00 - 6:30pm        |
| SPD-SPEC-GA-20231017    |                    |                      |
| All ages                | Tue Oct 17<br>Free | 5:00 - 6:30pm        |
| Fairwood Community Park |                    | wellness@pgparks.com |
| SPD-SPEC-GA-20231005    |                    |                      |
| All ages                | Thu Oct 5<br>Free  | 5:00 - 6:30pm        |

## Get Fit Mobile: National Family Fitness Day

This high energy fitness class will get the whole family moving! Learn new exercises and different ways to stay active. This class is great for all levels.

| Walker Mill Regional Park | wellness@pgparks.com |                |
|---------------------------|----------------------|----------------|
| SPD-SPEC-GA-20230923      |                      |                |
| All ages                  | Sat Sep 23           | 12:00 - 2:00pm |
|                           | Free                 |                |

## Bid Whist & Spades Tournament

COME PREPARED TO GO TO BOSTON! Grab your partner or meet one after you arrive. Come show off your card playing skills for an evening of fun, food, prizes and bragging rights. We’re running 2 different brackets. One for Spades and one for Bid-Whist. Refreshment included.

| Harmony Hall Regional Center<br>harmonyhallrc@pgparks.com |                                 |               |
|---|---------------------------------|---------------|
| HHRC-SPEC-GA-20230923                                     |                                 |               |
| 18 & up   | Sat Sep 23<br>\$25(R); \$33(NR) | 3:00 - 7:00pm |

## A Bumble Bee’s View Art Workshop

Inspired by Georgia O’Keeffe, participants will explore the magnification of flowers in a garden, transitioning art from realistic to abstract mixed media. Silk flowers are used to inspire an extreme close up of petals, stems, and leaves to create color-intense abstract art. Mixed media pressure shading techniques are taught. Materials provided. Guest instructor is Eileen Cave.

|   |            |               |
|---|------------|---------------|
| <b>Prince George's Plaza Community Ctr.</b> |            |               |
| <b>princegeorgesplazacc@pgparks.com</b>     |            |               |
| <hr/>                                       |            |               |
| <b>PGPCC-SPEC-GA-20230924</b>               |            |               |
| 18 & up                                     | Sun Sep 24 | 2:30 - 4:00pm |
|   | Free       |               |

## Girls in Aviation Day

Join the College Park Aviation Museum and the Capital Region Chapter of Women in Aviation International for Girls in Aviation Day! Discover the possibilities of a career in aviation at this FREE program. Try hands-on activities, learn about the different roles women hold in aviation, and more! Enjoy giveaways while supplies last.

|   |                    |                   |
|---|--------------------|-------------------|
| <b>College Park Aviation Museum</b><br><b>collegeparkaviation@pgparks.com</b> |                    |                   |
| <b>CPAM-SPEC-GA-20230930</b>  |                    |                   |
| 6 - 17yrs.  | Sat Sep 30<br>Free | 10:00am - 12:00pm |
| <b>CPAM-SPEC-GA-20230930A</b>   |                    |                   |
| 6 - 17yrs.  | Sat Sep 30<br>Free | 1:00 - 3:00pm     |

## Unwine With Us

Join us for a relaxing day of wine tasting, good music, food, and fun! Sample from local wineries and breweries while enjoying live national and local musical entertainment. Enjoy great food and deserts, activities, and more. Bring your own chair or purchase one of our VIP tents for you and your friends to ‘unwine’ and enjoy!

| Patuxent River Park  | patuxentriverpark@pgparks.com   |                |
|----------------------|---------------------------------|----------------|
| PRP-SPEC-GA-20230930 |                                 |                |
| 18 & up              | Sat Sep 30<br>\$50(R); \$65(NR) | 12:00 - 5:00pm |





Get Fit Mobile: Kids Day in the Park

Discover the fun you can have outdoors at the park! Join us for a variety of kid’s fitness games! Score with the ball toss, race a relay, and learn to have fun with fitness. Get ready to play and make friends along the way!

|   |                    |                               |
|---|--------------------|-------------------------------|
| <b>Walker Mill Regional Park</b>            |                    | <b>wellness@pgparks.com</b>   |
| <b>SPD-SPEC-GA-20230930</b>                 |                    |                               |
| All ages                                    | Sat Sep 30<br>Free | 12:00 - 2:00pm                |
| <hr/>                                       |                    |                               |
| <b>Tucker Road Comm Park/Athletic Cmplx</b> |                    | <b>wellness@pgparks.com</b>   |
| <b>SPD-SPEC-GA-20231014</b>                 |                    |                               |
| All ages                                    | Sat Oct 14<br>Free | 12:00 - 2:00pm                |
| <hr/>                                       |                    |                               |
| <b>Kentland Community Center</b>            |                    | <b>kentlandcc@pgparks.com</b> |
| <b>SPD-SPEC-GA-20231026</b>                 |                    |                               |
| All ages                                    | Thu Oct 26<br>Free | 12:00 - 2:00pm                |
| <hr/>                                       |                    |                               |

Teen Sensory Swim Night

This event is designed for families with teens with sensory-processing differences, autism spectrum disorder, or developmental disabilities.

| Southern Regional Aquatic Wellness Ce |                                 |               |
|---------------------------------------|---------------------------------|---------------|
| wellnesscenterpool@pgparks.com        |                                 |               |
| SRAWC-SPEC-GA-20230930                |                                 |               |
| 13 - 17yrs.                           | Sat Sep 30<br>\$22(R); \$29(NR) | 5:00 - 7:00pm |

Get Fit Mobile: Maryland Walking Day

Walking is great for your physical and mental health. Learn how to establish a walking routine and connect with others who have similar fitness goals. Located near carousel.

| Watkins Regional Park |                   | wellness@pgparks.com |
|-----------------------|-------------------|----------------------|
| SPD-SPEC-GA-20231004  |                   |                      |
| All ages              | Wed Oct 4<br>Free | 8:00 - 9:30am        |

Marietta’s Lunchtime Lecture Series: “Cemeteries in Prince George’s and Anne Arundel Counties”

Please join us for a discussion of the “Cemeteries in Prince George’s and Anne Arundel Counties” with M-NCPPC Dr. Jennifer Stabler, and Anne Arundel County genealogist Tina Simmons. This FREE, in-person event will be held at Marietta House Museum. For more information, contact 301-464-5291 or MariettaHouse@pgparks.com.

| Marietta House Museum | mariettahouse@pgparks.com |                |
|-----------------------|---------------------------|----------------|
| MHM-SPEC-GA-20231004  |                           |                |
| 12 & up               | Wed Oct 4<br>Free         | 12:00 - 1:00pm |

Senior Masquerade Party

Celebrate Halloween and attend a masquerade-themed luncheon. Be sure to wear a festive mask and outfit. The best mask and best dressed will win a prize! Mingle with friends, take photos, and dance to lively music. Lunch is included with the fee.

| Rollingcrest-Chillum Community Center<br>rollingcrestcc@pgparks.com |                                |                  |
|---|--------------------------------|------------------|
| RCCC-SPEC-GA-20231013   |                                |                  |
| 60 & up   | Fri Oct 13<br>\$8(R); \$11(NR) | 11:00am - 2:00pm |

Latinas in Aviation

In celebration of Hispanic Heritage Month, join the Museum and Airport as we honor Latinas in aviation. Pilots featured in the “Latinas in Aviation” book will fly into the College Park Airport and share their experiences and passion for aviation through group discussions and meet-and-greets.

|  |            |                  |
|--|------------|------------------|
| <b>College Park Aviation Museum</b>    |            |                  |
| <b>collegeparkaviation@pgparks.com</b> |            |                  |
| <hr/>                                  |            |                  |
| <b>CPAM-SPEC-GA-20231014</b>           |            |                  |
| All ages                               | Sat Oct 14 | 10:00am - 4:00pm |
|  | Free       |                  |

Get Fit Mobile: Agility Workout Challenge

How fast can you go? Use your best footwork to navigate around cones, over hurdles, and across agility ladders for a family-friendly workout challenge!

| Walker Mill Regional Park |                    | wellness@pgparks.com |
|---------------------------|--------------------|----------------------|
| SPD-SPEC-GA-20231019      |                    |                      |
| All ages                  | Thu Oct 19<br>Free | 5:00 - 6:30pm        |
| SPD-SPEC-GA-2023109       |                    |                      |
| All ages                  | Thu Nov 9<br>Free  | 4:30 - 6:00pm        |

Halloween Hoot & Howl Hike

Join us for a spooktacular haunted trail through the woods behind Watkins Nature Center. Follow a naturalist through a spooky, not scary romp through our creepy crawly exhibits. Wear your favorite costume and visit all your favorite Halloween friends, ending at a family pumpkin patch. You’re in for an evening of fun! Pre-registration is required. Tickets are sold for every 20 minutes. Total haunted trail time is about 30 minutes. Not stroller friendly.

| Watkins Nature Center<br>watkinsnaturecenter@pgparks.com |                                 |               |
|--|---------------------------------|---------------|
| WNC-SPEC-GA-20231028                                     |                                 |               |
| 2 & up   | Sat Oct 28<br>\$10(R); \$13(NR) | 4:00 - 8:00pm |

Halloween Costume Party

Wear your mask, costume, or just come as you are for an afternoon of fun! A catered lunch is included in the fee.

| Harmony Hall Regional Center<br>harmonyhallrc@pgparks.com |                                 |                |
|---|---------------------------------|----------------|
| HHRC-SPEC-GA-20231031                                     |                                 |                |
| 60 & up   | Tue Oct 31<br>\$20(R); \$26(NR) | 12:00 - 3:00pm |

Marietta’s Lunchtime Lecture: “Discover Training and Careers in Museums with Rob Forloney

Please join us for a hybrid discussion about museum careers and opportunities with Professor Rob Forloney. This FREE event will be held in-person at Marietta House Museum and online with Microsoft Teams. For more information, contact 301-464-5291 or MariettaHouse@pgparks.com.

| Marietta House Museum | mariettahouse@pgparks.com |                |
|-----------------------|---------------------------|----------------|
| MHM-SPEC-GA-20231101  |                           |                |
| 16 & up               | Wed Nov 1<br>Free         | 12:00 - 1:00pm |

Healthy Homemade Mac and Cheese & Brilliant Brussels Sprouts Cooking Demonstration

In this session you will learn two healthy recipes that you can swap out for your usual holiday side dishes. You won’t have to detour from your healthy eating to enjoy an extra spoonful of homemade mac and cheese and brussels sprouts. Registration required.

| Bowie Community Center |                   | bowieecc@pgparks.com |
|------------------------|-------------------|----------------------|
| SPD-SPEC-GA-20231102   |                   |                      |
| All ages               | Thu Nov 2<br>Free | 6:00 - 7:00pm        |

Jug Bay Run for Wildlife 3K

Together, The Maryland-National Capital Park and Planning Commission’s Patuxent River Park and The Maryland Department of Natural Resources’ Merkle Wildlife Sanctuary comprise over 3,500 acres along the banks of the Patuxent River. The river and its shores are home to an incredible variety of wildlife. By participating in this annual benefit race, you will be directly contributing to conservation projects and research aimed at preserving the Patuxent River’s natural wildlife. Proceeds from the run and walk directly support projects, research, conservation, and education in the Patuxent River watershed.

| Patuxent River Park  |                   | patuxentriverpark@pgparks.com |  |
|----------------------|-------------------|-------------------------------|--|
| PRP-SPEC-GA-20231104 |                   |                               |  |
| All ages             | Sat Nov 4         | 9:00 - 11:00am                |  |
|                      | \$20(R); \$26(NR) |                               |  |

Jug Bay Run for Wildlife 5K

Together, The Maryland-National Capital Park and Planning Commission’s Patuxent River Park and The Maryland Department of Natural Resources’ Merkle Wildlife Sanctuary comprise over 3,500 acres along the banks of the Patuxent River. The river and its shores are home to an incredible variety of wildlife. By participating in this annual benefit race, you will be directly contributing to conservation projects and research aimed at preserving the Patuxent River’s natural wildlife. Proceeds from the run and walk directly support projects, research, conservation, and education in the Patuxent River watershed.

| Patuxent River Park   |                   | patuxentriverpark@pgparks.com |
|-----------------------|-------------------|-------------------------------|
| PRP-SPEC-GA-20231104A |                   |                               |
| All ages              | Sat Nov 4         | 9:00 - 11:00am                |
|                       | \$25(R); \$33(NR) |                               |

Jug Bay Run for Wildlife 10K

Together, The Maryland-National Capital Park and Planning Commission’s Patuxent River Park and The Maryland Department of Natural Resources’ Merkle Wildlife Sanctuary comprise over 3,500 acres along the banks of the Patuxent River. The river and its shores are home to an incredible variety of wildlife. By participating in this annual benefit race, you will be directly contributing to conservation projects and research aimed at preserving the Patuxent River’s natural wildlife. Proceeds from the run and walk directly support projects, research, conservation, and education in the Patuxent River watershed.

| Patuxent River Park   |                   | patuxentriverpark@pgparks.com |
|-----------------------|-------------------|-------------------------------|
| PRP-SPEC-GA-20231104B |                   |                               |
| All ages              | Sat Nov 4         | 9:00 - 11:00am                |
|                       | \$30(R); \$39(NR) |                               |

Infinite Creativity Art Workshop

Inspired by Japanese artist Yayoi Kusama, participants will use mixed media to create colorful, whimsical art, inspired by nature. Templates and color theory learning will show participants how to optimize color contrasts and shading to create stunning effects. Learn how to create shape templates found in household objects that can become design resources. Materials provided. Eileen Cave is the guest instructor.

|   |           |               |
|---|-----------|---------------|
| <b>Prince George's Plaza Community Ctr.</b> |           |               |
| <b>princegeorgesplazacc@pgparks.com</b>     |           |               |
| <b>PGPCC-SEC-GA-20231105</b>                |           |               |
| 18 & up                                     | Sun Nov 5 | 2:30 - 4:00pm |
|   | Free      |               |





Home-School Day: The Four Forces of Flight

Join us at College Park Aviation Museum to explore the fundamentals of flight! The four forces: lift, thrust, drag, and weight, govern the flight of all aircraft from kites to rocket ships. Participate in STEAM activities, crafts, and experiments that will help you understand how all things fly!

**College Park Aviation Museum**  
**collegeparkaviation@pgparks.com**

|                              |                 |                  |
|------------------------------|-----------------|------------------|
| <b>CPAM-SPEC-GA-20231107</b> |                 |                  |
| 4 - 17yrs.                   | Tue Nov 7       | 9:30am - 12:00pm |
|                              | \$6(R); \$8(NR) |                  |

Home-School Day: The Four Forces of Flight

Join us at College Park Aviation Museum to explore the fundamentals of flight! The four forces: lift, thrust, drag, and weight, govern the flight of all aircraft from kites to rocket ships. Participate in STEAM activities, crafts, and experiments that will help you understand how all things fly!

**College Park Aviation Museum**  
**collegeparkaviation@pgparks.com**

|                               |                 |                |
|-------------------------------|-----------------|----------------|
| <b>CPAM-SPEC-GA-20231107A</b> |                 |                |
| 4 - 17yrs.                    | Tue Nov 7       | 12:30 - 4:00pm |
|                               | \$6(R); \$8(NR) |                |

Get Fit Mobile: Jump! Into Fall

Can you jump rope? How about hula hoop? Join us and show off your skills! Jump alone or bring a few friends for good old-fashioned Double Dutch, and hip-swirling hula hoops.

**Westphalia Community Center**  
**westphaliacc@pgparks.com**

|                             |           |               |
|-----------------------------|-----------|---------------|
| <b>SPD-SPEC-GA-20231107</b> |           |               |
| All ages                    | Tue Nov 7 | 4:30 - 6:00pm |
|                             | Free      |               |

Holiday Collard Greens and Sweet Potato Hash Cooking Demonstration

Let the side dishes steal the show during your next holiday gathering! In this session, you will learn two new recipes to add to your holiday spread: collard greens and sweet potato hash. Registration required.

**Beltsville Community Center**    **beltsvillecc@pgparks.com**

|                             |           |               |
|-----------------------------|-----------|---------------|
| <b>SPD-SPEC-GA-20231108</b> |           |               |
| All ages                    | Wed Nov 8 | 6:30 - 7:30pm |
|                             | Free      |               |

Teatime Talk: Our Men Go Off to War: The USCT Fathers and Sons from Marietta

In honor of Veterans Day, Dr. Julie Rose, director of Marietta House Museum, will give a talk featuring the men of Marietta who joined the United States Colored Troops (USCT) during the Civil War. Hear their families’ stories of survival. An 1800’s style tea will be served following the program. Recommended for ages 12 & up (ages under 18 must be accompanied by an adult). Reservations are required; please sign up at pgparksdirect.com. For more information, call 301-464-5291 or send an email to mariettahouse@pgparks.com.

**Marietta House Museum**    **mariettahouse@pgparks.com**

|                             |                   |               |
|-----------------------------|-------------------|---------------|
| <b>MHM-SPEC-GA-20231112</b> |                   |               |
| 12 & up                     | Sun Nov 12        | 1:00 - 3:00pm |
|                             | \$35(R); \$46(NR) |               |

Healthy Holiday Dessert: Sweet Potato-Apple Cobbler and Pumpkin Vegan Cheesecake Cooking Demo

In this cooking demonstration, learn how to satisfy your sweet tooth during the holiday season with two healthy holiday dessert recipes: sweet potato-apple cobbler & pumpkin vegan cheesecake. Registration required.

**Harmony Hall Regional Center**  
**harmonyhallrc@pgparks.com**

|                             |            |                |
|-----------------------------|------------|----------------|
| <b>SPD-SPEC-GA-20231113</b> |            |                |
| All ages                    | Mon Nov 13 | 12:30 - 1:30pm |
|                             | Free       |                |

Annual Thanksgiving Celebration Luncheon & Food Drive

Bring a non-perishable food donation and join us for our annual celebration. Collected donations will be shared with a local food bank.

**Harmony Hall Regional Center**  
**harmonyhallrc@pgparks.com**

|                              |                   |                |
|------------------------------|-------------------|----------------|
| <b>HHRC-SPEC-GA-20231116</b> |                   |                |
| 60 & up                      | Thu Nov 16        | 12:00 - 3:00pm |
|                              | \$15(R); \$20(NR) |                |

Night at the Nature Center

Looking for a great overnight adventure? Come to Watkins Nature Center for a Night at the Nature Center! Your overnight package of nature fun includes: Overnight lodging in the nature center (bring your sleeping gear), evening campfire with dinner and smores, Nocturnal Nature walks with one of our experienced naturalists, continental breakfast, and Wake Up Animal Yoga. Night at the Nature Center begins at 6:00 pm and ends 9:00 am. The fee is just \$35 per person. A wild night for the whole family! Please let us know if you have any dietary restrictions.

**Watkins Nature Center**  
**watkinsnaturecenter@pgparks.com**

|                             |                   |                 |
|-----------------------------|-------------------|-----------------|
| <b>WNC-SPEC-GA-20231117</b> |                   |                 |
| 6 & up                      | Fri Nov 17        | 00:00 - 00:00am |
|                             | \$35(R); \$46(NR) |                 |

Winter Festival of Lights Trot for a Turkey

Help families in need by running or walking through the beautiful Winter Festival of Lights! For more than 30 years, visitors to the annual Winter Festival of Lights have been dazzled by twinkling light displays as they drove through Watkins Regional Park. This year, register to walk or run through the almost 3-mile course and see the dazzling displays up close. Your registration fee will provide a family in need with a holiday turkey.

**Watkins Regional Park**    **pgparkrangers@pgparks.com**

|                             |                   |               |
|-----------------------------|-------------------|---------------|
| <b>WRP-SPEC-GA-20231118</b> |                   |               |
| All ages                    | Sat Nov 18        | 6:00 - 8:00pm |
|                             | \$30(R); \$39(NR) |               |









# In-Person Classes

Advance registration is required for all classes at [pgparksdirect.com](https://pgparksdirect.com). Participants must bring their own equipment and water bottle. For the most up-to-date COVID-19 guidelines, please visit [pgparks.com](https://pgparks.com). If not feeling well, please stay home. Some events may be canceled due to inclement weather or wet grounds. Sign up for PG Parks Alerts at [pgparks.com](https://pgparks.com) to receive the latest information on M-NCPPC, Department of Parks and Recreation closures, cancellations, and emergencies.

## Aquatics

NEW aquatics classes are added throughout the year. Be sure to visit [pgparksdirect.com](https://pgparksdirect.com) for updated class offerings.

### PRE-SCHOOLERS

#### Swim Lessons: Bobbers

Build your child's water confidence, alleviate their feelings of fear, and help them learn healthy, fitness habits in this introductory swimming course. This level familiarizes children to the aquatic environment and helps them acquire basic aquatic skills such as water entry and exit; breath control and submerging; floating/gliding on the front and back; and treading in chest-deep water. Arm and leg actions are also introduced at this level. Participants begin to develop positive attitudes and safe practices around water. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

##### Allentown Splash, Tennis & Fitness Pk allentownpool@pgparks.com

|                               |   |                            |
|-------------------------------|---|----------------------------|
| <b>10101-501C</b><br>Sat      | 3 - 5yrs.<br>10:30 - 11:10am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 23 |
| <b>10101-501B</b><br>Sat      | 3 - 5yrs.<br>9:00 - 9:40am<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 23 |
| <b>10101-501A</b><br>Mon, Wed | 3 - 5yrs.<br>6:00 - 6:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 25 |
| <b>10101-501D</b><br>Mon, Wed | 3 - 5yrs.<br>6:00 - 6:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 23 |
| <b>10101-501E</b><br>Tue, Thu | 3 - 5yrs.<br>6:00 - 6:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 24 |

##### Fairland Aquatics Ctr. fairlandaquatics@pgparks.com

|                               |   |                            |
|-------------------------------|---|----------------------------|
| <b>10101-523A</b><br>Mon, Wed | 3 - 5yrs.<br>7:00 - 7:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 25 |
| <b>10101-523B</b><br>Tue, Thu | 3 - 5yrs.<br>10:20 - 11:00am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 26 |
| <b>10101-523C</b><br>Tue, Thu | 3 - 5yrs.<br>7:00 - 7:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 26 |
| <b>10101-523D</b><br>Mon, Wed | 3 - 5yrs.<br>7:00 - 7:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 23 |
| <b>10101-523E</b><br>Tue, Thu | 3 - 5yrs.<br>7:00 - 7:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 24 |
| <b>10101-523F</b><br>Mon, Wed | 3 - 5yrs.<br>7:00 - 7:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Nov 27 |
| <b>10101-523G</b><br>Tue, Thu | 3 - 5yrs.<br>10:20 - 11:00am<br>\$60(R); \$78(NR) | 8 classes<br>starts Nov 28 |
| <b>10101-523H</b><br>Tue, Thu | 3 - 5yrs.<br>7:00 - 7:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Nov 28 |

##### Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com

|                               |   |                            |
|-------------------------------|---|----------------------------|
| <b>10101-572D</b><br>Tue, Thu | 3 - 5yrs.<br>6:00 - 6:40pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 5  |
| <b>10101-572A</b><br>Sat      | 3 - 5yrs.<br>5:45 - 6:25pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 9  |
| <b>10101-572B</b><br>Sun      | 3 - 5yrs.<br>5:45 - 6:25pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 10 |
| <b>10101-572E</b><br>Mon, Wed | 3 - 5yrs.<br>6:00 - 6:40pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Oct 9  |
| <b>10101-572F</b><br>Sat, Sun | 3 - 5yrs.<br>5:45 - 6:25pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Nov 12 |
| <b>10101-572G</b><br>Mon, Wed | 3 - 5yrs.<br>6:00 - 6:40pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Nov 13 |

##### Southern Area Aquatics Rec Complex saarc@pgparks.com

|                               |   |                            |
|-------------------------------|---|----------------------------|
| <b>10101-575A</b><br>Mon, Wed | 3 - 5yrs.<br>7:40 - 8:20pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 11 |
| <b>10101-575B</b><br>Tue, Thu | 3 - 5yrs.<br>6:00 - 6:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 12 |
| <b>10101-575C</b><br>Sat      | 3 - 5yrs.<br>10:40 - 11:20am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 16 |

##### Southern Regional Aquatic Wellness Center wellnesscenterpool@pgparks.com

|                                |   |                            |
|--------------------------------|---|----------------------------|
| <b>10101-5104A</b><br>Tue, Thu | 3 - 5yrs.<br>6:30 - 7:10pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 5  |
| <b>10101-5104D</b><br>Fri      | 3 - 5yrs.<br>6:30 - 7:10pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 8  |
| <b>10101-5104E</b><br>Sat      | 3 - 5yrs.<br>11:00 - 11:40am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 9  |
| <b>10101-5104B</b><br>Tue, Thu | 3 - 5yrs.<br>6:30 - 7:10pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 10 |

##### Theresa Banks Memorial Aqua Center theresabankspool@pgparks.com

|                               |   |                            |
|-------------------------------|---|----------------------------|
| <b>10101-583A</b><br>Mon, Wed | 3 - 5yrs.<br>6:00 - 6:40pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 11 |
| <b>10101-583C</b><br>Sat      | 3 - 5yrs.<br>9:00 - 9:40am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 16 |
| <b>10101-583B</b><br>Mon, Wed | 3 - 5yrs.<br>6:00 - 6:40pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Oct 16 |

#### Swim Lessons: Bubblers I

Build a healthy relationship with the water, your child and other families in this protected culture of learners! This level familiarizes parents and children with the water and teaches swimming readiness skills such as including becoming comfortable in water, support techniques, and beginning breath control. This level also provides safety information for parents and teaches techniques parents can use to orient their children to the water. A caregiver (at least 16 years of age) responsible for the learner in appropriate swimming attire must be in the water to assist and support for the entire lesson. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

##### Allentown Splash, Tennis & Fitness Pk allentownpool@pgparks.com

|                               |   |                            |
|-------------------------------|---|----------------------------|
| <b>10102-501B</b><br>Sat      | 6mos. - 3yrs.<br>9:00 - 9:40am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 23 |
| <b>10102-501A</b><br>Mon, Wed | 6mos. - 3yrs.<br>6:00 - 6:40pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 25 |

##### Fairland Aquatics Ctr. fairlandaquatics@pgparks.com

|                               |   |                            |
|-------------------------------|---|----------------------------|
| <b>10102-523A</b><br>Mon, Wed | 6mos. - 3yrs.<br>6:10 - 6:50pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 25 |
| <b>10102-523C</b><br>Tue, Thu | 6mos. - 3yrs.<br>11:10 - 11:50am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 26 |
| <b>10102-523B</b><br>Tue, Thu | 6mos. - 3yrs.<br>6:10 - 6:50pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 26 |
| <b>10102-523D</b><br>Mon, Wed | 6mos. - 3yrs.<br>6:10 - 6:50pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 23 |
| <b>10102-523E</b><br>Tue, Thu | 6mos. - 3yrs.<br>11:10 - 11:50am<br>\$60(R); \$78(NR) | 8 classes<br>starts Oct 24 |
| <b>10102-523F</b><br>Tue, Thu | 6mos. - 3yrs.<br>6:10 - 6:50pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 24 |
| <b>10102-523G</b><br>Tue, Thu | 6mos. - 3yrs.<br>11:10 - 11:50am<br>\$60(R); \$78(NR) | 8 classes<br>starts Nov 28 |

##### Rollingcrest-Chillum Splash Pool rollingcrestpool@pgparks.com

|                               |   |                            |
|-------------------------------|---|----------------------------|
| <b>10102-572A</b><br>Mon, Wed | 6mos. - 3yrs.<br>6:00 - 6:40pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 6  |
| <b>10102-572B</b><br>Tue, Thu | 6mos. - 3yrs.<br>6:00 - 6:40pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Oct 10 |

##### Southern Area Aquatics Rec Complex saarc@pgparks.com

|                               |   |                            |
|-------------------------------|---|----------------------------|
| <b>10102-575A</b><br>Mon, Wed | 6mos. - 3yrs.<br>6:00 - 6:40pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Oct 16 |
|-------------------------------|---|----------------------------|





| Southern Regional Aquatic Wellness Center<br>wellnesscenterpool@pgparks.com |   |                            |
|---|---|----------------------------|
| <b>10102-5104A</b><br>Fri   | 6mos. - 3yrs.<br>5:40 - 6:20pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 8  |
| <b>10102-5104B</b><br>Sat   | 6mos. - 3yrs.<br>10:00 - 10:40am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 9  |
| Theresa Banks Memorial Aqua Center<br>theresabankspool@pgparks.com          |   |                            |
| <b>10102-583A</b><br>Mon, Wed   | 6mos. - 3yrs.<br>6:00 - 6:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 11 |
| <b>10102-583B</b><br>Mon, Wed   | 6mos. - 3yrs.<br>6:00 - 6:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 16 |

### Swim Lessons: Bubblers II

Increase aquatic skill development, self-confidence, and make fitness fun with your family! This level builds on skills learned in Bubblers I. Parents and young children will continue to work on basic skills including water adjustment, support techniques, and breath control. Skills such as floating and kicking on front and back are explored. A caregiver (at least 16 years of age) responsible for the learner in appropriate swimming attire must be in the water to assist and support for the entire lesson. Note: Due to the number of skills taught in this course, participants may need to repeat this level or until they are old enough for Bobbers.

| Allentown Splash, Tennis & Fitness Pk<br>allentownpool@pgparks.com          |  |                            |
|---|--|----------------------------|
| <b>10103-501A</b><br>Sat  | 6mos. - 3yrs.<br>9:45 - 10:25am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 23 |
| <b>10103-501B</b><br>Mon, Wed   | 6mos. - 3yrs.<br>6:00 - 6:40pm<br>\$60(R); \$78(NR)  | 8 classes<br>starts Oct 16 |
| Fairland Aquatics Ctr.      fairlandaquatics@pgparks.com                    |  |                            |
| <b>10103-523A</b><br>Mon, Wed   | 18mos. - 3yrs.<br>6:10 - 6:50pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Nov 27 |
| <b>10103-523B</b><br>Tue, Thu   | 18mos. - 3yrs.<br>6:10 - 6:50pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Nov 28 |
| Rollingcrest-Chillum Splash Pool<br>rollingcrestpool@pgparks.com            |  |                            |
| <b>10103-572A</b><br>Sat  | 6mos. - 3yrs.<br>9:30 - 10:10am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 9  |
| <b>10103-572B</b><br>Tue, Thu   | 6mos. - 3yrs.<br>6:45 - 7:25pm<br>\$60(R); \$78(NR)  | 8 classes<br>starts Nov 14 |
| Southern Area Aquatics Rec Complex<br>saarc@pgparks.com                     |  |                            |
| <b>10103-575A</b><br>Tue, Thu   | 18mos. - 3yrs.<br>6:00 - 6:40pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Oct 17 |
| Southern Regional Aquatic Wellness Center<br>wellnesscenterpool@pgparks.com |  |                            |
| <b>10103-5104A</b><br>Fri   | 18mos. - 3yrs.<br>6:30 - 7:10pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 8  |
| <b>10103-5104B</b><br>Sat   | 18mos. - 3yrs.<br>9:00 - 9:40am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 9  |
| Theresa Banks Memorial Aqua Center<br>theresabankspool@pgparks.com          |  |                            |
| <b>10103-583A</b><br>Sat  | 6mos. - 3yrs.<br>9:00 - 9:40am<br>\$60(R); \$78(NR)  | 8 classes<br>starts Sep 16 |

### Swim Lessons: Floaters

Move to the next stage of fun swimming fitness as you get active moving around the pool and under water. You will strengthen your swim abilities and self-confidence! This level builds on basic swimming skills learned in the Bobbers Series including breath control and submerging; swimming using combined arm and leg actions on the front and back; and treading in shoulder-deep water. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

| Allentown Splash, Tennis & Fitness Pk<br>allentownpool@pgparks.com |   |                            |
|--|---|----------------------------|
| <b>10104-501B</b><br>Sat   | 3 - 5yrs.<br>9:00 - 9:40am<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 23 |
| <b>10104-501A</b><br>Mon, Wed                                      | 3 - 5yrs.<br>6:00 - 6:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 25 |
| <b>10104-501C</b><br>Mon, Wed                                      | 3 - 5yrs.<br>6:00 - 6:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 23 |
| <b>10104-501D</b><br>Tue, Thu                                      | 3 - 5yrs.<br>6:00 - 6:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 24 |
| Fairland Aquatics Ctr.      fairlandaquatics@pgparks.com           |   |                            |
| <b>10104-523A</b><br>Mon, Wed                                      | 3 - 5yrs.<br>6:10 - 6:50pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 25 |
| <b>10104-523B</b><br>Tue, Thu                                      | 3 - 5yrs.<br>7:00 - 7:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 26 |
| <b>10104-523C</b><br>Mon, Wed                                      | 3 - 5yrs.<br>6:10 - 6:50pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 23 |
| <b>10104-523D</b><br>Tue, Thu                                      | 3 - 5yrs.<br>10:20 - 11:00am<br>\$60(R); \$78(NR) | 8 classes<br>starts Oct 24 |
| <b>10104-523E</b><br>Tue, Thu                                      | 3 - 5yrs.<br>6:10 - 6:50pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 24 |
| <b>10104-523F</b><br>Mon, Wed                                      | 3 - 5yrs.<br>6:10 - 6:50pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Nov 27 |
| <b>10104-523G</b><br>Tue, Thu                                      | 3 - 5yrs.<br>6:10 - 6:50pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Nov 28 |
| Rollingcrest-Chillum Splash Pool<br>rollingcrestpool@pgparks.com   |   |                            |
| <b>10104-572C</b><br>Tue, Thu                                      | 3 - 5yrs.<br>6:45 - 7:25pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 5  |
| <b>10104-572A</b><br>Sat   | 3 - 5yrs.<br>10:00 - 10:55am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 9  |
| <b>10104-572B</b><br>Sun   | 3 - 5yrs.<br>6:30 - 7:10pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 10 |
| <b>10104-572D</b><br>Mon, Wed                                      | 3 - 5yrs.<br>7:30 - 8:10pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 9  |
| <b>10104-572E</b><br>Sat, Sun                                      | 3 - 5yrs.<br>6:30 - 7:10pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Nov 12 |
| <b>10104-572F</b><br>Mon, Wed                                      | 3 - 5yrs.<br>7:30 - 8:10pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Nov 13 |
| Southern Area Aquatics Rec Complex<br>saarc@pgparks.com            |   |                            |
| <b>10104-575A</b><br>Mon, Wed                                      | 3 - 5yrs.<br>6:50 - 7:30pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 11 |

| Southern Regional Aquatic Wellness Center<br>wellnesscenterpool@pgparks.com |   |                            |
|---|---|----------------------------|
| <b>10104-5104A</b><br>Tue, Thu  | 3 - 5yrs.<br>5:40 - 6:20pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 5  |
| <b>10104-5104D</b><br>Fri   | 3 - 5yrs.<br>5:40 - 6:20pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 8  |
| <b>10104-5104E</b><br>Sat   | 3 - 5yrs.<br>9:00 - 9:40am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 9  |
| <b>10104-5104B</b><br>Tue, Thu  | 3 - 5yrs.<br>5:40 - 6:20pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Oct 10 |

### Swim Lessons: Stokers I

Soar through the water with greater swim abilities, independence, and self-confidence! This level builds on the skills learned in the Bobbers and Floaters levels, with a greater emphasis on swimming on the front and back without assistance and for longer distances. Treading in shoulder-deep water for longer periods of time will also be explored. Water safety concepts are reinforced in this level. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

| Allentown Splash, Tennis & Fitness Pk<br>allentownpool@pgparks.com          |   |                            |
|---|---|----------------------------|
| <b>10105-501B</b><br>Sat  | 3 - 5yrs.<br>9:45 - 10:25am<br>\$60(R); \$78(NR)  | 8 classes<br>starts Sep 23 |
| <b>10105-501A</b><br>Mon, Wed   | 3 - 5yrs.<br>6:45 - 7:25pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 25 |
| Fairland Aquatics Ctr.      fairlandaquatics@pgparks.com                    |   |                            |
| <b>10105-523A</b><br>Mon, Wed   | 3 - 5yrs.<br>7:00 - 7:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 25 |
| <b>10105-523B</b><br>Tue, Thu   | 3 - 5yrs.<br>6:10 - 6:50pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 26 |
| <b>10105-523C</b><br>Tue, Thu   | 3 - 5yrs.<br>7:00 - 7:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Nov 28 |
| Rollingcrest-Chillum Splash Pool<br>rollingcrestpool@pgparks.com            |   |                            |
| <b>10105-572E</b><br>Mon, Wed   | 3 - 5yrs.<br>6:45 - 7:25pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 6  |
| <b>10105-572A</b><br>Sat  | 3 - 5yrs.<br>11:00 - 11:40am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 9  |
| <b>10105-572B</b><br>Sun  | 3 - 5yrs.<br>5:45 - 6:25pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 10 |
| <b>10105-572C</b><br>Mon, Wed   | 3 - 5yrs.<br>6:45 - 7:25pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 9  |
| <b>10105-572D</b><br>Tue, Thu   | 3 - 5yrs.<br>6:00 - 6:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Nov 14 |
| Southern Area Aquatics Rec Complex<br>saarc@pgparks.com                     |   |                            |
| <b>10105-575A</b><br>Mon, Wed   | 3 - 5yrs.<br>6:00 - 6:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 11 |
| Southern Regional Aquatic Wellness Center<br>wellnesscenterpool@pgparks.com |   |                            |
| <b>10105-5104A</b><br>Tue, Thu  | 3 - 5yrs.<br>6:30 - 7:10pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 5  |
| <b>10105-5104D</b><br>Fri   | 3 - 5yrs.<br>5:40 - 6:20pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 8  |
| <b>10105-5104E</b><br>Sat   | 3 - 5yrs.<br>10:00 - 10:40am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 9  |
| <b>10105-5104B</b><br>Tue, Thu  | 3 - 5yrs.<br>6:30 - 7:10pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 10 |





| Theresa Banks Memorial Aqua Center<br>theresabankspool@pgparks.com |  |                            |
|--|--|----------------------------|
| 10105-583A<br>Mon, Wed   | 3 - 5yrs.<br>6:45 - 7:25pm<br>\$60(R); \$78(NR)  | 8 classes<br>starts Sep 11 |
| 10105-583C<br>Sat  | 3 - 5yrs.<br>9:45 - 10:25am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 16 |
| 10105-583B<br>Mon, Wed   | 3 - 5yrs.<br>6:45 - 7:25pm<br>\$60(R); \$78(NR)  | 8 classes<br>starts Oct 16 |

Swim Lessons: Strokers II

Take the plunge and get empowered to be a better swimmer with the self-confidence of a champion! This level focuses on stroke development including front crawl and elementary backstroke. Participants will be introduced to the scissors and dolphin kicks and will build on the fundamentals of treading water. Diving skills may also be introduced. Participants who successfully complete this level and who meet the appropriate age requirement may register for Youth 4. Note: This course may be repeated until the child is old enough for Youth Level 4.

| Allentown Splash, Tennis & Fitness Pk<br>allentownpool@pgparks.com          |   |                            |
|---|---|----------------------------|
| 10106-501A<br>Sat   | 3 - 5yrs.<br>10:30 - 11:10am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 23 |
| Fairland Aquatics Ctr.      fairlandaquatics@pgparks.com                    |   |                            |
| 10106-523A<br>Mon, Wed  | 3 - 5yrs.<br>7:00 - 7:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 23 |
| 10106-523B<br>Mon, Wed  | 3 - 5yrs.<br>7:00 - 7:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Nov 27 |
| Rollingcrest-Chillum Splash Pool<br>rollingcrestpool@pgparks.com            |   |                            |
| 10106-572B<br>Mon, Wed  | 3 - 5yrs.<br>7:30 - 8:10pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 6  |
| 10106-572A<br>Sat   | 3 - 5yrs.<br>5:45 - 6:25pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 9  |
| 10106-572C<br>Sat, Sun  | 3 - 5yrs.<br>5:45 - 6:25pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Nov 12 |
| 10106-572D<br>Mon, Wed  | 3 - 5yrs.<br>6:45 - 7:25pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Nov 13 |
| 10106-572E<br>Tue, Thu  | 3 - 5yrs.<br>7:30 - 8:10pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Nov 14 |
| Southern Area Aquatics Rec Complex<br>saarc@pgparks.com                     |   |                            |
| 10106-575A<br>Mon, Wed  | 3 - 5yrs.<br>6:50 - 7:30pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 16 |
| Southern Regional Aquatic Wellness Center<br>wellnesscenterpool@pgparks.com |   |                            |
| 10106-5104A<br>Tue, Thu   | 3 - 5yrs.<br>7:20 - 8:00pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 5  |
| 10106-5104E<br>Fri  | 3 - 5yrs.<br>7:20 - 8:00pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 8  |
| 10106-5104B<br>Tue, Thu   | 3 - 5yrs.<br>7:20 - 8:00pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 10 |
| Theresa Banks Memorial Aqua Center<br>theresabankspool@pgparks.com          |   |                            |
| 10106-583B<br>Sat   | 3 - 5yrs.<br>11:15 - 11:55am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 16 |

CHILDREN

Swim Lessons: Children, Youth, Level 1 Intro to Water Skills

Ready to get your feet wet and make a big, fun splash? Gain a life-long love of swimming and feel self-confident in the pool or at the beach with these first steps toward becoming a swimmer! This level will help orient participants to the aquatic environment and help them gain basic aquatic skills such as water entry and exit; breath control and submerging; floating and gliding on the front and back; and treading in chest-deep water. Arm and leg actions are also introduced at this level. Participants begin to develop positive attitudes and safe practices around water. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

| Allentown Splash, Tennis & Fitness Pk<br>allentownpool@pgparks.com |  |                            |
|--|--|----------------------------|
| 10201-501D<br>Sat  | 6 - 12yrs.<br>11:15 - 11:55am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 23 |
| 10201-501C<br>Sat  | 6 - 12yrs.<br>9:45 - 10:25am<br>\$60(R); \$78(NR)  | 8 classes<br>starts Sep 23 |
| 10201-501A<br>Mon, Wed   | 6 - 12yrs.<br>6:45 - 7:25pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 25 |
| 10201-501B<br>Mon, Wed   | 6 - 12yrs.<br>7:30 - 8:10pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 25 |
| 10201-501E<br>Mon, Wed   | 6 - 12yrs.<br>6:45 - 7:25pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 23 |
| 10201-501F<br>Mon, Wed   | 6 - 12yrs.<br>7:30 - 8:10pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 23 |
| 10201-501G<br>Tue, Thu   | 6 - 12yrs.<br>6:45 - 7:25pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 24 |
| 10201-501H<br>Tue, Thu   | 6 - 12yrs.<br>7:30 - 8:10pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 24 |
| Fairland Aquatics Ctr.      fairlandaquatics@pgparks.com           |  |                            |
| 10201-523A<br>Mon, Wed   | 6 - 12yrs.<br>6:10 - 6:50pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 25 |
| 10201-523B<br>Mon, Wed   | 6 - 12yrs.<br>7:00 - 7:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 25 |
| 10201-523C<br>Tue, Thu   | 6 - 12yrs.<br>6:10 - 6:50pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 26 |
| 10201-523D<br>Tue, Thu   | 6 - 12yrs.<br>7:00 - 7:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 26 |
| 10201-523E<br>Mon, Wed   | 6 - 12yrs.<br>6:10 - 6:50pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 23 |
| 10201-523F<br>Mon, Wed   | 6 - 12yrs.<br>7:00 - 7:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 23 |
| 10201-523G<br>Tue, Thu   | 6 - 12yrs.<br>6:10 - 6:50pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 24 |
| 10201-523H<br>Tue, Thu   | 6 - 12yrs.<br>7:00 - 7:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 24 |
| 10201-523I<br>Mon, Wed   | 6 - 12yrs.<br>6:10 - 6:50pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Nov 27 |
| 10201-523J<br>Mon, Wed   | 6 - 12yrs.<br>7:00 - 7:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Nov 27 |
| 10201-523K<br>Tue, Thu   | 6 - 12yrs.<br>6:10 - 6:50pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Nov 28 |
| 10201-523L<br>Tue, Thu   | 6 - 12yrs.<br>7:00 - 7:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Nov 28 |

| Rollingcrest-Chillum Splash Pool<br>rollingcrestpool@pgparks.com            |  |                            |
|---|--|----------------------------|
| 10201-572C<br>Tue, Thu  | 6 - 12yrs.<br>6:45 - 7:25pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 5  |
| 10201-572B<br>Mon, Wed  | 6 - 12yrs.<br>6:45 - 7:25pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 6  |
| 10201-572A<br>Sat   | 6 - 12yrs.<br>9:30 - 10:10am<br>\$60(R); \$78(NR)  | 8 classes<br>starts Sep 9  |
| 10201-572D<br>Mon, Wed  | 6 - 12yrs.<br>7:30 - 8:10pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 9  |
| 10201-572E<br>Sat, Sun  | 6 - 12yrs.<br>6:30 - 7:10pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Nov 12 |
| 10201-572F<br>Mon, Wed  | 6 - 12yrs.<br>7:30 - 8:10pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Nov 13 |
| 10201-572G<br>Tue, Thu  | 6 - 12yrs.<br>6:45 - 7:25pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Nov 14 |
| Southern Area Aquatics Rec Complex<br>saarc@pgparks.com                     |  |                            |
| 10201-575A<br>Mon, Wed  | 6 - 12yrs.<br>6:00 - 6:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 11 |
| 10201-575C<br>Tue, Thu  | 6 - 12yrs.<br>7:40 - 8:20pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 12 |
| 10201-575D<br>Sat   | 6 - 12yrs.<br>9:50 - 10:20am<br>\$60(R); \$78(NR)  | 8 classes<br>starts Sep 16 |
| 10201-575B<br>Mon, Wed  | 6 - 12yrs.<br>6:00 - 6:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 16 |
| Southern Regional Aquatic Wellness Center<br>wellnesscenterpool@pgparks.com |  |                            |
| 10201-5104D<br>Tue, Thu   | 6 - 12yrs.<br>5:40 - 6:20pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 5  |
| 10201-5104A<br>Tue, Thu   | 6 - 12yrs.<br>5:40 - 6:20pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 5  |
| 10201-5104F<br>Sat  | 6 - 12yrs.<br>10:00 - 10:40am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 9  |
| 10201-5104E<br>Sat  | 6 - 12yrs.<br>11:00 - 11:40am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 9  |
| 10201-5104B<br>Tue, Thu   | 6 - 12yrs.<br>5:40 - 6:20pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 10 |
| Theresa Banks Memorial Aqua Center<br>theresabankspool@pgparks.com          |  |                            |
| 10201-583A<br>Mon, Wed  | 6 - 12yrs.<br>6:45 - 7:25pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 11 |
| 10201-583C<br>Sat   | 6 - 12yrs.<br>9:45 - 10:25am<br>\$60(R); \$78(NR)  | 8 classes<br>starts Sep 16 |
| 10201-583B<br>Mon, Wed  | 6 - 12yrs.<br>6:45 - 7:25pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 16 |





Swim Lessons: Children, Youth, Level 2 Fundamental Aquatic Skills

Come on in, the waters’ fine! Join us as we proceed to the next level of swimming fun and fitness! We will build on the fundamental aquatic skills learned in Level 1-- breath control, submerging, floating and gliding on front and back, swimming using combined arm and leg actions on front and back, and treading in shoulder-deep water. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

| Allentown Splash, Tennis & Fitness Pk<br>allentownpool@pgparks.com |  |                            |
|--|--|----------------------------|
| 10202-501B<br>Sat  | 6 - 12yrs.<br>10:30 - 11:10am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 23 |
| 10202-501A<br>Mon, Wed   | 6 - 12yrs.<br>6:45 - 7:25pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 25 |
| 10202-501C<br>Mon, Wed   | 6 - 12yrs.<br>6:45 - 7:25pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 23 |
| 10202-501D<br>Tue, Thu   | 6 - 12yrs.<br>6:45 - 7:25pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 24 |
| 10202-501E<br>Tue, Thu   | 6 - 12yrs.<br>7:30 - 8:10pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 24 |
| Fairland Aquatics Ctr.      fairlandaquatics@pgparks.com           |  |                            |
| 10202-523A<br>Mon, Wed   | 6 - 12yrs.<br>6:10 - 6:50pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 25 |
| 10202-523B<br>Mon, Wed   | 6 - 12yrs.<br>7:00 - 7:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 25 |
| 10202-523C<br>Tue, Thu   | 6 - 12yrs.<br>6:10 - 6:50pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 26 |
| 10202-523D<br>Mon, Wed   | 6 - 12yrs.<br>6:10 - 6:50pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 23 |
| 10202-523E<br>Tue, Thu   | 6 - 12yrs.<br>6:10 - 6:50pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 24 |
| 10202-523F<br>Tue, Thu   | 6 - 12yrs.<br>7:00 - 7:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 24 |
| 10202-523G<br>Mon, Wed   | 6 - 12yrs.<br>6:10 - 6:50pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Nov 27 |
| 10202-523H<br>Tue, Thu   | 6 - 12yrs.<br>6:10 - 6:50pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Nov 28 |
| Rollingcrest-Chillum Splash Pool<br>rollingcrestpool@pgparks.com   |  |                            |
| 10202-572C<br>Mon, Wed   | 6 - 12yrs.<br>7:30 - 8:10pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 6  |
| 10202-572A<br>Sat  | 6 - 12yrs.<br>10:15 - 10:55am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 9  |
| 10202-572B<br>Sun  | 6 - 12yrs.<br>7:15 - 7:55pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 10 |
| 10202-572D<br>Mon, Wed   | 6 - 12yrs.<br>6:45 - 7:25pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 9  |
| 10202-572E<br>Tue, Thu   | 6 - 12yrs.<br>6:45 - 7:25pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 10 |
| 10202-572F<br>Mon, Wed   | 6 - 12yrs.<br>6:45 - 7:25pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Nov 13 |
| 10202-572G<br>Tue, Thu   | 6 - 12yrs.<br>7:30 - 8:10pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Nov 14 |

| Southern Area Aquatics Rec Complex<br>saarc@pgparks.com                     |   |                            |
|---|---|----------------------------|
| 10202-575A<br>Mon, Wed  | 6 - 12yrs.<br>6:50 - 7:30pm<br>\$60(R); \$78(NR)  | 8 classes<br>starts Sep 11 |
| 10202-575D<br>Sat   | 6 - 12yrs.<br>9:00 - 9:40am<br>\$60(R); \$78(NR)  | 8 classes<br>starts Sep 16 |
| 10202-575B<br>Mon, Wed  | 6 - 12yrs.<br>6:50 - 7:30pm<br>\$60(R); \$78(NR)  | 8 classes<br>starts Oct 16 |
| 10202-575C<br>Tue, Thu  | 6 - 12yrs.<br>7:40 - 8:20pm<br>\$60(R); \$78(NR)  | 8 classes<br>starts Oct 17 |
| Southern Regional Aquatic Wellness Center<br>wellnesscenterpool@pgparks.com |   |                            |
| 10202-5104A<br>Tue, Thu   | 6 - 12yrs.<br>7:20 - 8:00pm<br>\$60(R); \$78(NR)  | 8 classes<br>starts Sep 5  |
| 10202-5104D<br>Fri  | 6 - 12yrs.<br>7:20 - 8:00pm<br>\$60(R); \$78(NR)  | 8 classes<br>starts Sep 8  |
| 10202-5104B<br>Tue, Thu   | 6 - 12yrs.<br>7:20 - 8:00pm<br>\$60(R); \$78(NR)  | 8 classes<br>starts Oct 10 |
| Theresa Banks Memorial Aqua Center<br>theresabankspool@pgparks.com          |   |                            |
| 10202-583A<br>Mon, Wed  | 6 - 12yrs.<br>6:45 - 7:25pm<br>\$60(R); \$78(NR)  | 8 classes<br>starts Sep 11 |
| 10202-583C<br>Sat   | 6 - 12yrs.<br>9:45 - 10:25am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 16 |
| 10202-583B<br>Mon, Wed  | 6 - 12yrs.<br>6:45 - 7:25pm<br>\$60(R); \$78(NR)  | 8 classes<br>starts Oct 16 |

Swim Lessons: Children, Youth, Level 3 Stroke Development

Celebrate your achievements by graduating to swim stroke readiness! Have a good time getting more exercise while gaining self-confidence in the water. This level focuses on stroke development, including front crawl and elementary backstroke. Participants will be introduced to the breaststroke, scissors and dolphin kicks, build on the fundamentals of treading water in deep water and to help participants achieve basic water competency in a pool environment. Diving skills may also be introduced in this level. Prerequisite: Successful completion of Level 2. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

| Allentown Splash, Tennis & Fitness Pk<br>allentownpool@pgparks.com |  |                            |
|--|--|----------------------------|
| 10203-501B<br>Sat  | 6 - 12yrs.<br>11:15 - 11:55am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 23 |
| 10203-501A<br>Mon, Wed   | 6 - 12yrs.<br>7:30 - 8:10pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 25 |
| 10203-501C<br>Mon, Wed   | 6 - 12yrs.<br>7:30 - 8:10pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 23 |

| Fairland Aquatics Ctr.      fairlandaquatics@pgparks.com                    |  |                            |
|---|--|----------------------------|
| 10203-523A<br>Mon, Wed  | 6 - 12yrs.<br>7:50 - 8:30pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 25 |
| 10203-523B<br>Tue, Thu  | 6 - 12yrs.<br>7:00 - 7:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 26 |
| 10203-523C<br>Mon, Wed  | 6 - 12yrs.<br>7:00 - 7:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 23 |
| 10203-523D<br>Tue, Thu  | 6 - 12yrs.<br>7:00 - 7:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 24 |
| 10203-523E<br>Tue, Thu  | 6 - 12yrs.<br>7:50 - 8:30pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 24 |
| 10203-523F<br>Mon, Wed  | 6 - 12yrs.<br>7:00 - 7:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Nov 27 |
| 10203-523G<br>Mon, Wed  | 6 - 12yrs.<br>7:50 - 8:30pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Nov 27 |
| 10203-523H<br>Tue, Thu  | 6 - 12yrs.<br>7:00 - 7:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Nov 28 |
| Rollingcrest-Chillum Splash Pool<br>rollingcrestpool@pgparks.com            |  |                            |
| 10203-572D<br>Tue, Thu  | 6 - 12yrs.<br>7:30 - 8:10pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 5  |
| 10203-572C<br>Mon, Wed  | 6 - 12yrs.<br>6:00 - 6:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 6  |
| 10203-572A<br>Sat   | 6 - 12yrs.<br>11:00 - 11:40am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 9  |
| 10203-572B<br>Sat   | 6 - 12yrs.<br>7:15 - 7:55pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 9  |
| 10203-572E<br>Mon, Wed  | 6 - 12yrs.<br>6:00 - 6:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 9  |
| 10203-572F<br>Tue, Thu  | 6 - 12yrs.<br>7:30 - 8:10pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 10 |
| Southern Area Aquatics Rec Complex<br>saarc@pgparks.com                     |  |                            |
| 10203-575A<br>Tue, Thu  | 6 - 12yrs.<br>6:00 - 6:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 12 |
| 10203-575B<br>Tue, Thu  | 6 - 12yrs.<br>6:50 - 7:30pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 17 |
| Southern Regional Aquatic Wellness Center<br>wellnesscenterpool@pgparks.com |  |                            |
| 10203-5104A<br>Tue, Thu   | 6 - 12yrs.<br>7:20 - 8:00pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 5  |
| 10203-5104D<br>Sat  | 6 - 12yrs.<br>10:00 - 10:40am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 9  |
| 10203-5104B<br>Tue, Thu   | 6 - 12yrs.<br>7:20 - 8:00pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 10 |
| Theresa Banks Memorial Aqua Center<br>theresabankspool@pgparks.com          |  |                            |
| 10203-583A<br>Mon, Wed  | 6 - 12yrs.<br>7:30 - 8:10pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 11 |
| 10203-583C<br>Sat   | 6 - 12yrs.<br>10:30 - 11:10am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 16 |
| 10203-583B<br>Mon, Wed  | 6 - 12yrs.<br>7:30 - 8:10pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 16 |





Swim Lessons: Children, Youth, Level 4 Stroke Improvement

Be in the swim of things and improve your stroke! Sign up to increase your strength and to boost your proficiency in swimming the front crawl, breaststroke, butterfly, back crawl, and side stroke! Youth may also work on diving skills. Prerequisite: Successful completion of Level 3. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

| Allentown Splash, Tennis & Fitness Pk<br>allentownpool@pgparks.com |  |                            |
|--|--|----------------------------|
| 10204-501B<br>Sat  | 6 - 12yrs.<br>11:15 - 11:55am<br>\$70(R); \$91(NR) | 8 classes<br>starts Sep 23 |
| 10204-501A<br>Mon, Wed   | 6 - 12yrs.<br>7:30 - 8:10pm<br>\$70(R); \$91(NR)   | 8 classes<br>starts Sep 25 |
| 10204-501C<br>Mon, Wed   | 6 - 12yrs.<br>6:45 - 7:25pm<br>\$70(R); \$91(NR)   | 8 classes<br>starts Oct 23 |
| Fairland Aquatics Ctr.      fairlandaquatics@pgparks.com           |  |                            |
| 10204-523A<br>Mon, Wed   | 6 - 12yrs.<br>7:50 - 8:30pm<br>\$70(R); \$91(NR)   | 8 classes<br>starts Sep 25 |
| 10204-523B<br>Tue, Thu   | 6 - 12yrs.<br>7:50 - 8:30pm<br>\$70(R); \$91(NR)   | 8 classes<br>starts Sep 26 |
| 10204-523C<br>Mon, Wed   | 6 - 12yrs.<br>7:50 - 8:30pm<br>\$70(R); \$91(NR)   | 8 classes<br>starts Oct 23 |
| 10204-523D<br>Tue, Thu   | 6 - 12yrs.<br>7:50 - 8:30pm<br>\$70(R); \$91(NR)   | 8 classes<br>starts Oct 24 |
| 10204-523E<br>Mon, Wed   | 6 - 12yrs.<br>7:50 - 8:30pm<br>\$70(R); \$91(NR)   | 8 classes<br>starts Nov 27 |
| 10204-523F<br>Tue, Thu   | 6 - 12yrs.<br>7:50 - 8:30pm<br>\$70(R); \$91(NR)   | 8 classes<br>starts Nov 28 |
| Rollingcrest-Chillum Splash Pool<br>rollingcrestpool@pgparks.com   |  |                            |
| 10204-572A<br>Sun  | 6 - 12yrs.<br>6:30 - 7:10pm<br>\$70(R); \$91(NR)   | 8 classes<br>starts Sep 10 |
| 10204-572C<br>Tue, Thu   | 6 - 12yrs.<br>6:45 - 7:25pm<br>\$70(R); \$91(NR)   | 8 classes<br>starts Oct 10 |
| 10204-572D<br>Mon, Wed   | 6 - 12yrs.<br>6:00 - 6:40pm<br>\$70(R); \$91(NR)   | 8 classes<br>starts Nov 13 |
| Southern Area Aquatics Rec Complex<br>saarc@pgparks.com            |  |                            |
| 10204-575A<br>Tue, Thu   | 6 - 12yrs.<br>6:50 - 7:30pm<br>\$70(R); \$91(NR)   | 8 classes<br>starts Sep 12 |
| 10204-575B<br>Sat  | 6 - 12yrs.<br>10:40 - 11:20am<br>\$70(R); \$91(NR) | 8 classes<br>starts Sep 16 |

Swim Lessons: Children, Youth, Level 5 Stroke Refinement

Achieve a polished swim stroke and improve your fitness! This level focuses on stroke refinement for all six strokes: front crawl, breaststroke, butterfly, back crawl, elementary backstroke and sidestroke. Participants will work on surface dives, flip turns and may work on diving skills. Prerequisite: Successful completion of Level 4. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

| Allentown Splash, Tennis & Fitness Pk<br>allentownpool@pgparks.com |  |                            |
|--|--|----------------------------|
| 10205-501A<br>Sat  | 6 - 12yrs.<br>12:00 - 12:40pm<br>\$70(R); \$91(NR) | 8 classes<br>starts Sep 23 |
| 10205-501B<br>Mon, Wed   | 6 - 12yrs.<br>7:30 - 8:10pm<br>\$70(R); \$91(NR)   | 8 classes<br>starts Oct 23 |
| Fairland Aquatics Ctr.      fairlandaquatics@pgparks.com           |  |                            |
| 10205-523A<br>Mon, Wed   | 6 - 12yrs.<br>7:50 - 8:30pm<br>\$70(R); \$91(NR)   | 8 classes<br>starts Sep 25 |
| 10205-523B<br>Tue, Thu   | 6 - 12yrs.<br>7:50 - 8:30pm<br>\$70(R); \$91(NR)   | 8 classes<br>starts Sep 26 |
| 10205-523C<br>Mon, Wed   | 6 - 12yrs.<br>7:50 - 8:30pm<br>\$70(R); \$91(NR)   | 8 classes<br>starts Nov 27 |
| Rollingcrest-Chillum Splash Pool<br>rollingcrestpool@pgparks.com   |  |                            |
| 10205-572A<br>Sat  | 6 - 12yrs.<br>6:30 - 7:10pm<br>\$70(R); \$91(NR)   | 8 classes<br>starts Sep 9  |
| 10205-572B<br>Sat, Sun   | 6 - 12yrs.<br>7:15 - 7:55pm<br>\$70(R); \$91(NR)   | 8 classes<br>starts Nov 12 |
| Southern Area Aquatics Rec Complex<br>saarc@pgparks.com            |  |                            |
| 10205-575B<br>Sat  | 6 - 12yrs.<br>9:00 - 9:40am<br>\$70(R); \$91(NR)   | 8 classes<br>starts Sep 16 |
| 10205-575A<br>Tue, Thu   | 6 - 12yrs.<br>6:00 - 6:40pm<br>\$70(R); \$91(NR)   | 8 classes<br>starts Oct 17 |

Swim Lessons: Children, Youth, Level 6 Swim and Skill Proficiency

Awaken your inner empowered swimmer while building relationships with other aquatic achievers! This level focuses on stroke refinement to develop greater efficiency, power, and smoothness for longer distances. Participants will refine front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and side stroke. There will also be extensive work on turns and water safety skills. Prerequisite: Successful completion of the Level 5 lesson. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

| Fairland Aquatics Ctr.      fairlandaquatics@pgparks.com |   |                            |
|--|---|----------------------------|
| 10206-523A<br>Mon, Wed                                   | 6 - 12yrs.<br>7:50 - 8:30pm<br>\$70(R); \$91(NR)  | 8 classes<br>starts Oct 23 |
| 10206-523B<br>Tue, Thu                                   | 6 - 12yrs.<br>7:50 - 8:30pm<br>\$70(R); \$91(NR)  | 8 classes<br>starts Oct 24 |
| 10206-523C<br>Tue, Thu                                   | 6 - 12yrs.<br>7:50 - 8:30pm<br>\$70(R); \$91(NR)  | 8 classes<br>starts Nov 28 |
| Southern Area Aquatics Rec Complex<br>saarc@pgparks.com  |   |                            |
| 10206-575A<br>Sat  | 6 - 12yrs.<br>9:50 - 10:40am<br>\$70(R); \$91(NR) | 8 classes<br>starts Sep 16 |

TEENS

Swim Lessons: Teens, Level 1 Introduction to Water Skills

Get your feet wet... your head, and your whole body too! Gain basic aquatic skills such as water entry and exit, breath control, submerging, floating and gliding on the front and back, and treading in chest-deep water. Arm and leg actions are also introduced at this level. Get started developing positive attitudes, safe practices, and self-confidence around the water! Note: Due to the number of skills taught in this course, participants may need to repeat this level.

| Fairland Aquatics Ctr.      fairlandaquatics@pgparks.com         |   |                            |
|--|---|----------------------------|
| 10301-523A<br>Tue, Thu   | 13 - 17yrs.<br>7:50 - 8:30pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 26 |
| Rollingcrest-Chillum Splash Pool<br>rollingcrestpool@pgparks.com |   |                            |
| 10301-572A<br>Sat  | 13 - 17yrs.<br>6:30 - 7:10pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 9  |
| 10301-572B<br>Tue, Thu   | 13 - 17yrs.<br>7:30 - 8:10pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Oct 10 |
| Southern Area Aquatics Rec Complex<br>saarc@pgparks.com          |   |                            |
| 10301-575A<br>Tue, Thu   | 13 - 17yrs.<br>6:50 - 7:30pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 12 |

Swim Lessons: Teens, Level 2 Fundamental Aquatic Skills

Be a water explorer! In this fun, active environment, the water is your classroom. You will build skills and self-confidence through building on the fundamental aquatic skills learned in Level 1. You will learn about breath control and submerging; floating and gliding on front and back; swimming using combined arm and leg actions on the front and back; and treading in shoulder-deep water. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

| Fairland Aquatics Ctr.      fairlandaquatics@pgparks.com         |   |                            |
|--|---|----------------------------|
| 10302-523A<br>Mon, Wed   | 13 - 17yrs.<br>7:50 - 8:30pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Oct 23 |
| Rollingcrest-Chillum Splash Pool<br>rollingcrestpool@pgparks.com |   |                            |
| 10302-572B<br>Tue, Thu   | 13 - 17yrs.<br>7:30 - 8:10pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 5  |
| 10302-572A<br>Sun  | 13 - 17yrs.<br>7:15 - 7:55pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 10 |
| Southern Area Aquatics Rec Complex<br>saarc@pgparks.com          |   |                            |
| 10302-575A<br>Mon, Wed   | 13 - 17yrs.<br>7:40 - 8:20pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Oct 16 |

Swim Lessons: Teens, Level 3 Stroke Development

You'll be blown out of the water by the fun in this class. Get ready to achieve basic water competency in a pool and develop your strokes -- front crawl, elementary backstroke, and breaststroke! Learn scissors and dolphin kicks, tread in deep water, and diving skills may be introduced in this level. Prerequisite: Successful completion of Level 2. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

| Fairland Aquatics Ctr.      fairlandaquatics@pgparks.com |   |                            |
|--|---|----------------------------|
| 10303-523A<br>Tue, Thu                                   | 13 - 17yrs.<br>7:50 - 8:30pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Nov 28 |
| Southern Area Aquatics Rec Complex<br>saarc@pgparks.com  |   |                            |
| 10303-575A<br>Tue, Thu                                   | 13 - 17yrs.<br>7:40 - 8:20pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Oct 17 |





ADULTS

Aqua Arthritis: Adults

Medical experts state that 1 in 5 Americans has arthritis. But you can enjoy an active, healthy lifestyle with increased flexibility, muscle strength, better posture, and balance. Whether arthritis, muscle fatigue, chronic pain or surgery rehabilitation, you can join us for slow moving, bounce-free exercise with lower impact on joints.

| Allentown Splash, Tennis & Fitness Pk<br>allentownpool@pgparks.com |   |                            |
|--|---|----------------------------|
| 10402-501A<br>Tue, Thu   | 18 & up<br>12:00 - 12:45pm<br>\$48(R); \$63(NR)       | 8 classes<br>starts Sep 26 |
| 10402-501B<br>Tue, Thu   | 18 & up<br>12:00 - 12:45pm<br>\$48(R); \$63(NR)       | 8 classes<br>starts Oct 24 |
| Fairland Aquatics Ctr.      fairlandaquatics@pgparks.com           |   |                            |
| 10402-523A<br>Tue, Thu   | 18 & up<br>10:00 - 10:50am<br>\$34(R); \$45(NR)       | 8 classes<br>starts Sep 26 |
| 10402-523B<br>Tue, Thu   | 18 & up<br>10:00 - 10:50am<br>\$34(R); \$45(NR)       | 8 classes<br>starts Oct 24 |
| 10402-523C<br>Tue, Thu   | 18 & up<br>10:00 - 10:50am<br>\$29.75(R); \$38.75(NR) | 7 classes<br>starts Nov 21 |
| Rollingcrest-Chillum Splash Pool<br>rollingcrestpool@pgparks.com   |   |                            |
| 10402-572A<br>Tue, Thu   | 18 - 59yrs.<br>10:00 - 10:45am<br>\$48(R); \$63(NR)   | 8 classes<br>starts Sep 5  |
| 10402-572B<br>Tue, Thu   | 18 & up<br>11:00 - 11:45am<br>\$48(R); \$63(NR)       | 8 classes<br>starts Sep 5  |
| 10402-572C<br>Tue, Thu   | 18 - 59yrs.<br>10:00 - 10:45am<br>\$48(R); \$63(NR)   | 8 classes<br>starts Oct 10 |
| 10402-572E<br>Tue, Thu   | 18 - 59yrs.<br>10:00 - 10:45am<br>\$48(R); \$63(NR)   | 8 classes<br>starts Nov 14 |
| 10402-572D<br>Tue, Thu   | 18 - 59yrs.<br>11:00 - 11:45am<br>\$48(R); \$63(NR)   | 8 classes<br>starts Nov 14 |

Aqua Boot Camp: Adults

“Uncle Sam” of the sea -- King Neptune wants you! Gear up your swimsuit and make a splash in this boot-camp style approach to interval training that includes using water as a resistance tool while performing different exercises. Be empowered as you build strength, self-confidence, relationships with fellow water warriors, and an increased fitness level to rival any cadet. No swimming experience necessary.

| Theresa Banks Memorial Aqua Center<br>theresabankspool@pgparks.com |   |                            |
|--|---|----------------------------|
| 10403-583A<br>Sat  | 18 & up<br>11:15am - 12:00pm<br>\$48(R); \$63(NR) | 8 classes<br>starts Sep 16 |

Aqua Fusion: Adults

Variety is the spice of life! Stir up your water routine by adding a mix of various aerobic fitness styles! Increase your strength level and bolster your mood through a blend of Water Aerobics, Aqua Sculpt, Aqua Tabata, and Boot Camp rolled into one class. In addition, you will use equipment designed to build your stamina and to achieve a healthy lifestyle.

| Theresa Banks Memorial Aqua Center<br>theresabankspool@pgparks.com |   |                            |
|--|---|----------------------------|
| 10411-583A<br>Tue, Thu   | 18 & up<br>1:00 - 1:45pm<br>\$48(R); \$63(NR)   | 8 classes<br>starts Sep 12 |
| 10411-583B<br>Tue, Thu   | 18 & up<br>2:00 - 2:45pm<br>\$48(R); \$63(NR)   | 8 classes<br>starts Sep 12 |
| 10411-583E<br>Sun  | 18 & up<br>12:00 - 12:45pm<br>\$48(R); \$63(NR) | 9 classes<br>starts Sep 17 |
| 10411-583F<br>Sun  | 18 & up<br>1:00 - 1:45pm<br>\$48(R); \$63(NR)   | 9 classes<br>starts Sep 17 |
| 10411-583C<br>Tue, Thu   | 18 & up<br>1:00 - 1:45pm<br>\$48(R); \$63(NR)   | 8 classes<br>starts Oct 17 |
| 10411-583D<br>Tue, Thu   | 18 & up<br>2:00 - 2:45pm<br>\$48(R); \$63(NR)   | 8 classes<br>starts Oct 17 |

Deep Water Aerobics: Adults

Want to defy gravity? Deep water is nature’s aquatic fitness machine making you feel pounds lighter and allowing you to achieve your health goals through a balanced workout routine. This class is perfect for those hoping to relieve stress on their joints. We’ll tone abs, thighs, glutes, and the upper body. Flotation belts may be used.

| Rollingcrest-Chillum Splash Pool<br>rollingcrestpool@pgparks.com |   |                            |
|--|---|----------------------------|
| 10405-572A<br>Tue, Thu   | 18 - 59yrs.<br>9:00 - 9:45am<br>\$48(R); \$63(NR)   | 8 classes<br>starts Sep 5  |
| 10405-572D<br>Wed  | 18 - 59yrs.<br>11:00 - 11:45am<br>\$24(R); \$32(NR) | 4 classes<br>starts Sep 6  |
| 10405-572B<br>Tue, Thu   | 18 - 59yrs.<br>9:00 - 9:45am<br>\$48(R); \$63(NR)   | 8 classes<br>starts Oct 10 |
| 10405-572E<br>Wed  | 18 - 59yrs.<br>11:00 - 11:45am<br>\$24(R); \$32(NR) | 4 classes<br>starts Oct 11 |
| 10405-572C<br>Tue, Thu   | 18 & up<br>9:00 - 9:45am<br>\$48(R); \$63(NR)       | 8 classes<br>starts Nov 14 |
| 10405-572F<br>Wed  | 18 & up<br>11:00 - 11:45am<br>\$24(R); \$32(NR)     | 4 classes<br>starts Nov 15 |

| Southern Area Aquatics Rec Complex<br>saarc@pgparks.com |   |                             |
|---|---|-----------------------------|
| 10405-575A<br>Mon, Wed, Fri                             | 18 & up<br>9:00 - 9:45am<br>\$48(R); \$63(NR)   | 12 classes<br>starts Sep 11 |
| 10405-575C<br>Tue, Thu                                  | 18 & up<br>10:00 - 10:45am<br>\$48(R); \$63(NR) | 8 classes<br>starts Sep 12  |
| 10405-575B<br>Mon, Wed, Fri                             | 18 & up<br>9:00 - 9:45am<br>\$48(R); \$63(NR)   | 12 classes<br>starts Oct 16 |
| 10405-575D<br>Tue, Thu                                  | 18 & up<br>10:00 - 10:45am<br>\$48(R); \$63(NR) | 8 classes<br>starts Oct 17  |

Spinning: Adults, Aqua, Beginner

You can spin to win! Beat the temptation to be a couch potato with this challenging, aerobic and anaerobic workout utilizing stationary bikes in the water with tension settings that allow you to work at your fitness level. This low impact, heart healthy exercise strengthens and tones your hamstrings, buttocks, and inner thighs. Join our team-like, non-judgmental culture of diverse spinners while having fun moving to great tunes.

| Allentown Splash, Tennis & Fitness Pk<br>allentownpool@pgparks.com |   |                            |
|--|---|----------------------------|
| 10408-501B<br>Fri  | 18 & up<br>7:00 - 7:45pm<br>\$68(R); \$89(NR)       | 8 classes<br>starts Sep 22 |
| 10408-501C<br>Sun  | 18 & up<br>11:00 - 11:45am<br>\$68(R); \$89(NR)     | 8 classes<br>starts Sep 24 |
| 10408-501A<br>Tue, Thu   | 18 & up<br>8:00 - 8:45am<br>\$68(R); \$89(NR)       | 8 classes<br>starts Sep 26 |
| 10408-501E<br>Tue, Thu   | 18 & up<br>8:00 - 8:45am<br>\$34(R); \$45(NR)       | 8 classes<br>starts Oct 24 |
| Rollingcrest-Chillum Splash Pool<br>rollingcrestpool@pgparks.com   |   |                            |
| 10408-572B<br>Mon, Wed   | 18 & up<br>7:30 - 8:15pm<br>\$68(R); \$89(NR)       | 8 classes<br>starts Sep 6  |
| 10408-572A<br>Mon, Fri   | 18 - 59yrs.<br>11:05 - 11:50am<br>\$68(R); \$89(NR) | 8 classes<br>starts Sep 8  |
| 10408-572D<br>Sat  | 18 & up<br>5:45 - 6:25pm<br>\$68(R); \$89(NR)       | 8 classes<br>starts Sep 9  |
| 10408-572C<br>Sat  | 18 - 59yrs.<br>7:30 - 8:15am<br>\$68(R); \$89(NR)   | 8 classes<br>starts Sep 9  |
| 10408-572M<br>Sat  | 18 & up<br>8:30 - 9:15am<br>\$34(R); \$45(NR)       | 8 classes<br>starts Sep 9  |
| 10408-572E<br>Sun  | 18 & up<br>5:45 - 6:25pm<br>\$68(R); \$89(NR)       | 8 classes<br>starts Sep 10 |
| 10408-572H<br>Mon, Fri   | 18 & up<br>11:05 - 11:50am<br>\$68(R); \$89(NR)     | 8 classes<br>starts Oct 9  |
| 10408-572F<br>Mon, Wed   | 18 & up<br>7:30 - 8:15pm<br>\$68(R); \$89(NR)       | 8 classes<br>starts Oct 9  |
| 10408-572I<br>Tue, Thu   | 18 & up<br>11:05 - 11:50am<br>\$68(R); \$89(NR)     | 8 classes<br>starts Oct 10 |
| 10408-572G<br>Sun  | 18 & up<br>5:45 - 6:25pm<br>\$34(R); \$45(NR)       | 4 classes<br>starts Nov 12 |
| 10408-572K<br>Mon, Fri   | 18 - 59yrs.<br>11:05 - 11:50am<br>\$68(R); \$89(NR) | 8 classes<br>starts Nov 13 |
| 10408-572J<br>Mon, Wed   | 18 & up<br>7:30 - 8:15pm<br>\$68(R); \$89(NR)       | 8 classes<br>starts Nov 13 |
| Theresa Banks Memorial Aqua Center<br>theresabankspool@pgparks.com |   |                            |
| 10408-583A<br>Tue, Thu   | 18 & up<br>5:00 - 5:45pm<br>\$68(R); \$89(NR)       | 8 classes<br>starts Sep 12 |
| 10408-583C<br>Sat  | 18 & up<br>12:15 - 1:00pm<br>\$68(R); \$89(NR)      | 8 classes<br>starts Sep 16 |
| 10408-583B<br>Tue, Thu   | 18 & up<br>5:00 - 5:45pm<br>\$68(R); \$89(NR)       | 8 classes<br>starts Oct 17 |



Spinning: Adults, Aqua, Advanced

Be empowered to elevate your workout to the next degree of fitness achievement! This is a fast-paced, high-energy, challenging exercise class utilizing stationary bikes in the water to strengthen and tone your hamstrings, buttocks, and inner thighs. Expect to be seated, standing, and moving throughout the pool! NOTE: This course is geared for participants who have taken Spinning: Aqua, Adults (SPA).

| Theresa Banks Memorial Aqua Center<br>theresabankspool@pgparks.com |   |                             |
|--|---|-----------------------------|
| 10407-583A<br>Mon, Wed, Fri  | 18 & up<br>6:15 - 7:00am<br>\$102(R); \$133(NR) | 12 classes<br>starts Sep 11 |
| 10407-583C<br>Mon, Wed, Fri  | 18 & up<br>7:15 - 8:00am<br>\$102(R); \$133(NR) | 12 classes<br>starts Sep 11 |
| 10407-583E<br>Mon, Wed, Fri  | 18 & up<br>8:15 - 9:00am<br>\$102(R); \$133(NR) | 12 classes<br>starts Sep 11 |
| 10407-583G<br>Tue, Thu   | 18 & up<br>6:00 - 6:45pm<br>\$68(R); \$89(NR)   | 8 classes<br>starts Sep 12  |
| 10407-583B<br>Mon, Wed, Fri  | 18 & up<br>6:15 - 7:00am<br>\$102(R); \$133(NR) | 12 classes<br>starts Oct 16 |
| 10407-583D<br>Mon, Wed, Fri  | 18 & up<br>7:15 - 8:00am<br>\$102(R); \$133(NR) | 12 classes<br>starts Oct 16 |
| 10407-583F<br>Mon, Wed, Fri  | 18 & up<br>8:15 - 9:00am<br>\$102(R); \$133(NR) | 11 classes<br>starts Oct 16 |
| 10407-583H<br>Tue, Thu   | 18 & up<br>6:00 - 6:45pm<br>\$68(R); \$89(NR)   | 8 classes<br>starts Oct 17  |

Swim Lessons: Adult, Beginner

Swimming is a skill for life to keep you safe, increase self-confidence and maintain a healthy existence. This level will help orient participants to the aquatic environment and help them gain basic aquatic skills such as water entry and exit, breath control and submerging, floating and gliding on the front and back, and treading in chest-deep water. Arm and leg actions are also introduced at this level. Participants begin to develop positive attitudes and safe practices around water. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

| Allentown Splash, Tennis & Fitness Pk<br>allentownpool@pgparks.com |   |                            |
|--|---|----------------------------|
| 10420-501A<br>Fri  | 18 & up<br>6:00 - 6:40pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 22 |
| 10420-501B<br>Sat  | 18 & up<br>12:00 - 12:40pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 23 |
| Fairland Aquatics Ctr.      fairlandaquatics@pgparks.com           |   |                            |
| 10420-523A<br>Mon, Wed   | 18 & up<br>7:50 - 8:30pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 25 |
| 10420-523C<br>Tue, Thu   | 18 & up<br>7:50 - 8:30pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 26 |
| 10420-523B<br>Tue, Thu   | 18 & up<br>9:30 - 10:10am<br>\$60(R); \$78(NR)  | 8 classes<br>starts Sep 26 |
| 10420-523D<br>Tue, Thu   | 18 & up<br>9:30 - 10:10am<br>\$60(R); \$78(NR)  | 8 classes<br>starts Oct 24 |
| Rollingcrest-Chillum Splash Pool<br>rollingcrestpool@pgparks.com   |   |                            |
| 10420-572A<br>Sat  | 18 & up<br>7:15 - 7:55pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 9  |
| 10420-572B<br>Sat, Sun   | 18 & up<br>7:15 - 7:55pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Nov 12 |
| Southern Area Aquatics Rec Complex<br>saarc@pgparks.com            |   |                            |
| 10420-575A<br>Mon, Wed   | 18 & up<br>7:40 - 8:20pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 11 |

| Southern Regional Aquatic Wellness Center<br>wellnesscenterpool@pgparks.com |   |                            |
|---|---|----------------------------|
| 10420-5104A<br>Tue, Thu   | 18 & up<br>5:40 - 6:20pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 5  |
| 10420-5104F<br>Tue, Thu   | 18 & up<br>7:20 - 8:00pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 5  |
| 10420-5104D<br>Fri  | 18 & up<br>7:20 - 8:00pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 8  |
| 10420-5104E<br>Sat  | 18 & up<br>9:00 - 9:40am<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 9  |
| 10420-5104B<br>Tue, Thu   | 18 & up<br>6:30 - 7:10pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 10 |
| 10420-5104G<br>Tue, Thu   | 18 & up<br>7:20 - 8:00pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 10 |
| Theresa Banks Memorial Aqua Center<br>theresabankspool@pgparks.com          |   |                            |
| 10420-583A<br>Mon, Wed  | 18 & up<br>7:30 - 8:10pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Sep 11 |
| 10420-583C<br>Sat   | 18 & up<br>10:30 - 11:10am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 16 |
| 10420-583B<br>Mon, Wed  | 18 & up<br>7:30 - 8:10pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 16 |

Swim Lessons: Adult, Intermediate

Take the plunge to deepen your swim skill development, self-confidence, and fitness stage. This level builds on fundamental aquatic skills and swimming strokes such as water entry and exit; breath control and submerging; floating and gliding on the front and back; and treading in chest-deep water. Front crawl, breaststroke and back crawl are introduced at this level. Participants will be taught the skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency. Prerequisite for this level; successful completion of the Adult, Beginner Level or participants must be able comfortable in chest-deep water, able to submerge face in the water and able to perform front crawl for 15 yards. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

| Allentown Splash, Tennis & Fitness Pk<br>allentownpool@pgparks.com |   |                            |
|--|---|----------------------------|
| 10421-501A<br>Fri  | 18 & up<br>6:45 - 7:25pm<br>\$70(R); \$91(NR)   | 8 classes<br>starts Sep 22 |
| 10421-501B<br>Sat  | 18 & up<br>12:00 - 12:40pm<br>\$70(R); \$91(NR) | 8 classes<br>starts Sep 23 |
| Fairland Aquatics Ctr.      fairlandaquatics@pgparks.com           |   |                            |
| 10421-523A<br>Mon, Wed   | 18 & up<br>7:50 - 8:30pm<br>\$70(R); \$91(NR)   | 8 classes<br>starts Oct 23 |
| 10421-523B<br>Tue, Thu   | 18 & up<br>7:50 - 8:30pm<br>\$70(R); \$91(NR)   | 8 classes<br>starts Oct 24 |
| 10421-523D<br>Tue, Thu   | 18 & up<br>7:50 - 8:30pm<br>\$70(R); \$91(NR)   | 8 classes<br>starts Nov 28 |
| 10421-523C<br>Tue, Thu   | 18 & up<br>9:30 - 10:10am<br>\$70(R); \$91(NR)  | 8 classes<br>starts Nov 28 |
| Rollingcrest-Chillum Splash Pool<br>rollingcrestpool@pgparks.com   |   |                            |
| 10421-572A<br>Tue, Thu   | 18 & up<br>6:00 - 6:40pm<br>\$70(R); \$91(NR)   | 8 classes<br>starts Sep 5  |
| 10421-572B<br>Tue, Thu   | 18 & up<br>6:00 - 6:40pm<br>\$70(R); \$91(NR)   | 8 classes<br>starts Oct 10 |
| 10421-572C<br>Tue, Thu   | 18 & up<br>6:00 - 6:40pm<br>\$70(R); \$91(NR)   | 8 classes<br>starts Nov 14 |

| Southern Area Aquatics Rec Complex<br>saarc@pgparks.com                     |   |                            |
|---|---|----------------------------|
| 10421-575A<br>Mon, Wed  | 18 & up<br>7:40 - 8:20pm<br>\$70(R); \$91(NR)     | 8 classes<br>starts Oct 16 |
| Southern Regional Aquatic Wellness Center<br>wellnesscenterpool@pgparks.com |   |                            |
| 10421-5104A<br>Tue, Thu   | 18 & up<br>6:30 - 7:10pm<br>\$70(R); \$91(NR)     | 8 classes<br>starts Sep 5  |
| 10421-5104D<br>Fri  | 18 & up<br>6:30 - 7:10pm<br>\$70(R); \$91(NR)     | 8 classes<br>starts Sep 8  |
| 10421-5104E<br>Sat  | 18 & up<br>11:00 - 11:40am<br>\$70(R); \$91(NR)   | 8 classes<br>starts Sep 9  |
| 10421-5104B<br>Tue, Thu   | 18 & up<br>5:40 - 6:20pm<br>\$70(R); \$91(NR)     | 8 classes<br>starts Oct 10 |
| Theresa Banks Memorial Aqua Center<br>theresabankspool@pgparks.com          |   |                            |
| 10421-583A<br>Mon, Wed  | 18 & up<br>7:30 - 8:10pm<br>\$70(R); \$91(NR)     | 8 classes<br>starts Sep 11 |
| 10421-583C<br>Sat   | 18 & up<br>10:30am - 11:10pm<br>\$70(R); \$91(NR) | 8 classes<br>starts Sep 16 |
| 10421-583B<br>Mon, Wed  | 18 & up<br>7:30 - 8:10pm<br>\$70(R); \$91(NR)     | 8 classes<br>starts Oct 16 |

Swim Lessons: Adults, Advanced

Activate your inner Olympian! Develop your swim skills and increase self-confidence in this exciting class while achieving a higher degree of fitness. This level will help participants refine front crawl, back crawl, and breaststroke strokes and turns and build endurance. Butterfly and flip turns are introduced at this level. Participants will be taught skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency. Prerequisite for this level: successful completion of the Adult, Intermediate Level or participants must be comfortable in deep water, able to put face in the water, and able to perform strokes that can be recognized as front crawl, breaststroke and elementary backstroke, each for 15 yards. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

| Allentown Splash, Tennis & Fitness Pk<br>allentownpool@pgparks.com |   |                            |
|--|---|----------------------------|
| 10423-501a<br>Fri  | 18 & up<br>7:30 - 8:10pm<br>\$70(R); \$91(NR) | 8 classes<br>starts Sep 22 |
| Fairland Aquatics Ctr.      fairlandaquatics@pgparks.com           |   |                            |
| 10423-523A<br>Mon, Wed   | 18 & up<br>7:50 - 8:30pm<br>\$70(R); \$91(NR) | 8 classes<br>starts Nov 27 |
| Southern Area Aquatics Rec Complex<br>saarc@pgparks.com            |   |                            |
| 10423-575A<br>Tue, Thu   | 18 & up<br>7:40 - 8:20pm<br>\$70(R); \$91(NR) | 8 classes<br>starts Sep 12 |

Swim Lessons: Adults, Stroke & Turn

Dip, flip, do a turn! Build your self-confidence and get social while having fun in this active, swim learning environment! Lessons focus on building endurance, stroke and turn refinement. Participants in this course will be expected to swim longer distances using front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and side stroke. Participants will also learn to utilize equipment such as pull buoys, fins, paddles, and/ or a pace clock. Using swimming as part of personal water fitness will also be discussed. Prerequisite: Successful completion of Adult Intermediate or ability to swim all of the six swimming strokes at least 25 yards. To improve strength and endurance, this course may be repeated. Note: Due to the number of skills taught in this course, participants may need to repeat this level.

| Southern Area Aquatics Rec Complex<br>saarc@pgparks.com |   |                            |
|---|---|----------------------------|
| 10422-575A<br>Tue, Thu                                  | 18 & up<br>6:50 - 7:30pm<br>\$70(R); \$91(NR) | 8 classes<br>starts Oct 17 |



Water Aerobics: Adults

Join us for fast-paced and energy-packed exercise aimed to improve cardiovascular function! You'll get the added benefits of feeling refreshed, having a lighter mood, increased range of motion, sustained vitality, and building relationships with fellow exercise enthusiasts who love the water. Did we say “you'll shed inches and pounds” too?

| Rollingcrest-Chillum Splash Pool<br>rollingcrestpool@pgparks.com |   |                             |
|--|---|-----------------------------|
| 10409-572D<br>Tue, Thu   | 18 - 59yrs.<br>8:00 - 8:45am<br>\$48(R); \$63(NR)   | 8 classes<br>starts Sep 5   |
| 10409-572C<br>Mon, Wed, Fri                                      | 18 - 59yrs.<br>10:00 - 10:45am<br>\$72(R); \$94(NR) | 12 classes<br>starts Sep 6  |
| 10409-572A<br>Mon, Wed, Fri                                      | 18 - 59yrs.<br>8:00 - 8:45am<br>\$72(R); \$94(NR)   | 12 classes<br>starts Sep 6  |
| 10409-572B<br>Mon, Wed, Fri                                      | 18 - 59yrs.<br>9:00 - 9:45am<br>\$72(R); \$94(NR)   | 12 classes<br>starts Sep 6  |
| 10409-572G<br>Mon, Wed, Fri                                      | 18 - 59yrs.<br>10:00 - 10:45am<br>\$72(R); \$94(NR) | 12 classes<br>starts Oct 9  |
| 10409-572E<br>Mon, Wed, Fri                                      | 18 - 59yrs.<br>8:00 - 8:45am<br>\$72(R); \$94(NR)   | 12 classes<br>starts Oct 9  |
| 10409-572F<br>Mon, Wed, Fri                                      | 18 - 59yrs.<br>9:00 - 9:45am<br>\$72(R); \$94(NR)   | 12 classes<br>starts Oct 9  |
| 10409-572H<br>Tue, Thu   | 18 - 59yrs.<br>8:00 - 8:45am<br>\$48(R); \$63(NR)   | 8 classes<br>starts Oct 10  |
| 10409-572K<br>Mon, Wed, Fri                                      | 18 - 59yrs.<br>10:00 - 10:45am<br>\$72(R); \$94(NR) | 12 classes<br>starts Nov 13 |
| 10409-572I<br>Mon, Wed, Fri                                      | 18 - 59yrs.<br>8:00 - 8:45am<br>\$72(R); \$94(NR)   | 12 classes<br>starts Nov 13 |
| 10409-572J<br>Mon, Wed, Fri                                      | 18 - 59yrs.<br>9:00 - 9:45am<br>\$72(R); \$94(NR)   | 12 classes<br>starts Nov 13 |
| 10409-572L<br>Tue, Thu   | 18 - 59yrs.<br>8:00 - 8:45am<br>\$48(R); \$63(NR)   | 8 classes<br>starts Nov 14  |
| Southern Area Aquatics Rec Complex<br>saarc@pgparks.com          |   |                             |
| 10409-575A<br>Mon, Wed, Fri                                      | 18 & up<br>8:00 - 8:45am<br>\$48(R); \$63(NR)       | 12 classes<br>starts Sep 11 |
| 10409-575C<br>Tue, Thu   | 18 & up<br>9:00 - 9:45am<br>\$48(R); \$63(NR)       | 8 classes<br>starts Sep 12  |
| 10409-575B<br>Mon, Wed, Fri                                      | 18 & up<br>8:00 - 8:45am<br>\$48(R); \$63(NR)       | 12 classes<br>starts Oct 16 |
| 10409-575D<br>Tue, Thu   | 18 & up<br>9:00 - 9:45am<br>\$48(R); \$63(NR)       | 8 classes<br>starts Oct 17  |

Zumba: Aqua, Adults

Healthy! Balanced! Self-confident! Wouldn't you like these words to describe you? A recent health report states that you can Zumba your way into an improved quality of life with months of lingering benefits. This Latin-inspired, aerobic workout is a fun, calorie burning dance workout but done in low-impact water at the shallow end of the pool.

| Fairland Aquatics Ctr.   | fairlandaquatics@pgparks.com                      |                            |
|--|---|----------------------------|
| 10401-523A<br>Mon, Wed   | 18 & up<br>11:00 - 11:50am<br>\$48(R); \$63(NR)   | 8 classes<br>starts Sep 25 |
| 10401-523B<br>Mon, Wed   | 18 & up<br>11:00 - 11:50am<br>\$48(R); \$63(NR)   | 8 classes<br>starts Oct 23 |
| 10401-523C<br>Mon, Wed   | 18 & up<br>11:00 - 11:50am<br>\$48(R); \$63(NR)   | 8 classes<br>starts Nov 20 |
| Rollingcrest-Chillum Splash Pool<br>rollingcrestpool@pgparks.com |   |                            |
| 10401-572A<br>Mon, Wed   | 18 & up<br>6:30 - 7:15pm<br>\$48(R); \$63(NR)     | 8 classes<br>starts Sep 6  |
| 10401-572B<br>Mon, Wed   | 18 - 59yrs.<br>6:30 - 7:15pm<br>\$48(R); \$63(NR) | 8 classes<br>starts Oct 9  |
| 10401-572C<br>Mon, Wed   | 18 & up<br>6:30 - 7:15pm<br>\$48(R); \$63(NR)     | 8 classes<br>starts Nov 13 |

SENIORS

Aqua Arthritis: Seniors

Medical experts state that 1 in 5 Americans has arthritis. But you can enjoy an active, healthy lifestyle with increased flexibility, muscle strength, better posture, and balance. Whether arthritis, muscle fatigue, chronic pain or surgery rehabilitation, you can join us for slow moving, bounce-free exercise with lower impact on joints

| Rollingcrest-Chillum Splash Pool<br>rollingcrestpool@pgparks.com   |   |                             |
|--|---|-----------------------------|
| 10501-572A<br>Tue, Thu   | 60 & up<br>10:00 - 10:45am<br>\$40(R); \$52(NR) | 8 classes<br>starts Sep 5   |
| 10501-572B<br>Tue, Thu   | 60 & up<br>11:00 - 11:45am<br>\$40(R); \$52(NR) | 8 classes<br>starts Sep 5   |
| 10501-572C<br>Tue, Thu   | 60 & up<br>10:00 - 10:45am<br>\$40(R); \$52(NR) | 8 classes<br>starts Oct 10  |
| 10501-572E<br>Tue, Thu   | 60 & up<br>10:00 - 10:45am<br>\$40(R); \$52(NR) | 8 classes<br>starts Nov 14  |
| 10501-572D<br>Tue, Thu   | 60 & up<br>11:00 - 11:45am<br>\$40(R); \$52(NR) | 8 classes<br>starts Nov 14  |
| Theresa Banks Memorial Aqua Center<br>theresabankspool@pgparks.com |   |                             |
| 10501-583A<br>Mon, Wed, Fri  | 60 & up<br>9:30 - 10:15am<br>\$60(R); \$78(NR)  | 12 classes<br>starts Sep 11 |
| 10501-583C<br>Tue, Thu   | 60 & up<br>10:00 - 11:00am<br>\$48(R); \$63(NR) | 8 classes<br>starts Sep 12  |
| 10501-583B<br>Mon, Wed, Fri  | 60 & up<br>9:30 - 10:15am<br>\$60(R); \$78(NR)  | 12 classes<br>starts Oct 16 |
| 10501-583D<br>Tue, Thu   | 60 & up<br>10:00 - 11:00am<br>\$48(R); \$63(NR) | 8 classes<br>starts Oct 17  |

Deep Water Aerobics: Seniors

Did you know that deep water makes you float and lifts total body weight off your skeletal system? Enjoy the benefits of reduced joint stress and improved mood while using natural water resistance in these fun-filled exercises. You will tone abs, thighs, glutes, and the upper body. Flotation belts may be used.

| Rollingcrest-Chillum Splash Pool<br>rollingcrestpool@pgparks.com |   |                            |
|--|---|----------------------------|
| 10502-572A<br>Tue, Thu   | 60 & up<br>9:00 - 9:45am<br>\$40(R); \$52(NR)   | 8 classes<br>starts Sep 5  |
| 10502-572D<br>Wed  | 60 & up<br>11:00 - 11:45am<br>\$20(R); \$26(NR) | 4 classes<br>starts Sep 6  |
| 10502-572B<br>Tue, Thu   | 60 & up<br>9:00 - 9:45am<br>\$40(R); \$52(NR)   | 8 classes<br>starts Oct 10 |
| 10502-572E<br>Wed  | 60 & up<br>11:00 - 11:45am<br>\$20(R); \$26(NR) | 4 classes<br>starts Oct 11 |
| 10502-572C<br>Tue, Thu   | 60 & up<br>9:00 - 9:45am<br>\$40(R); \$52(NR)   | 8 classes<br>starts Nov 14 |
| 10502-572F<br>Wed  | 60 & up<br>11:00 - 11:45am<br>\$20(R); \$26(NR) | 4 classes<br>starts Nov 15 |

Spinning: Aqua, Seniors

Did you know spinning exercises trigger your brain to release excitement stimulators which increases happiness? Challenging but low impact, this class uses stationary bikes in the water which have the benefit of reducing injury risks. On your fitness journey, you will build self-awareness, stay heart healthy, strengthen hamstrings, buttocks, and inner thighs. Ride into a renewed and balanced lifestyle!

| Rollingcrest-Chillum Splash Pool<br>rollingcrestpool@pgparks.com |   |                            |
|--|---|----------------------------|
| 10503-572B<br>Mon, Wed   | 60 & up<br>7:30 - 8:15pm<br>\$56(R); \$73(NR)   | 8 classes<br>starts Sep 6  |
| 10503-572A<br>Mon, Fri   | 60 & up<br>11:05 - 11:50am<br>\$56(R); \$73(NR) | 8 classes<br>starts Sep 8  |
| 10503-572D<br>Sat  | 60 & up<br>5:45 - 6:25pm<br>\$56(R); \$73(NR)   | 8 classes<br>starts Sep 9  |
| 10503-572C<br>Sat  | 60 & up<br>7:30 - 8:15am<br>\$56(R); \$73(NR)   | 8 classes<br>starts Sep 9  |
| 10503-572L<br>Sat  | 60 & up<br>8:30 - 9:15am<br>\$30(R); \$39(NR)   | 8 classes<br>starts Sep 9  |
| 10503-572E<br>Sun  | 60 & up<br>5:45 - 6:25pm<br>\$56(R); \$73(NR)   | 8 classes<br>starts Sep 10 |
| 10503-572H<br>Mon, Fri   | 60 & up<br>11:05 - 11:50am<br>\$56(R); \$73(NR) | 8 classes<br>starts Oct 9  |

|                        |   |                            |
|------------------------|---|----------------------------|
| 10503-572F<br>Mon, Wed | 60 & up<br>7:30 - 8:15pm<br>\$56(R); \$73(NR)   | 8 classes<br>starts Oct 9  |
| 10503-572I<br>Tue, Thu | 60 & up<br>11:05 - 11:50am<br>\$56(R); \$73(NR) | 8 classes<br>starts Oct 10 |
| 10503-572G<br>Sun      | 60 & up<br>5:45 - 6:25pm<br>\$28(R); \$37(NR)   | 4 classes<br>starts Nov 12 |
| 10503-572K<br>Mon, Fri | 60 & up<br>11:05 - 11:50am<br>\$56(R); \$73(NR) | 8 classes<br>starts Nov 13 |
| 10503-572J<br>Mon, Wed | 60 & up<br>7:30 - 8:15pm<br>\$56(R); \$73(NR)   | 8 classes<br>starts Nov 13 |

Water Aerobics: Seniors

Swim away the blues, blahs, and la-dee-dahs! Improve your mood and self-confidence with these uncomplicated aquatic exercises! Effortlessly glide your way through the water's resistance to protect your joints but strengthen and tone your body for overall, improved cardiovascular fitness.

| Allentown Splash, Tennis & Fitness Pk<br>allentownpool@pgparks.com |   |                             |
|--|---|-----------------------------|
| 10504-501A<br>Tue, Thu   | 60 & up<br>10:00 - 10:45am<br>\$40(R); \$52(NR) | 8 classes<br>starts Sep 26  |
| 10504-501B<br>Tue, Thu   | 60 & up<br>11:00 - 11:45am<br>\$40(R); \$52(NR) | 8 classes<br>starts Sep 26  |
| 10504-501C<br>Tue, Thu   | 60 & up<br>10:00 - 10:45am<br>\$40(R); \$52(NR) | 8 classes<br>starts Oct 24  |
| 10504-501D<br>Tue, Thu   | 60 & up<br>11:00 - 11:45am<br>\$40(R); \$52(NR) | 8 classes<br>starts Oct 24  |
| Rollingcrest-Chillum Splash Pool<br>rollingcrestpool@pgparks.com   |   |                             |
| 10504-572J<br>Tue, Thu   | 60 & up<br>8:00 - 8:45am<br>\$40(R); \$52(NR)   | 8 classes<br>starts Sep 5   |
| 10504-572G<br>Mon, Wed, Fri  | 60 & up<br>10:00 - 10:45am<br>\$60(R); \$78(NR) | 12 classes<br>starts Sep 6  |
| 10504-572A<br>Mon, Wed, Fri  | 60 & up<br>8:00 - 8:45am<br>\$60(R); \$78(NR)   | 12 classes<br>starts Sep 6  |
| 10504-572D<br>Mon, Wed, Fri  | 60 & up<br>9:00 - 9:45am<br>\$60(R); \$78(NR)   | 12 classes<br>starts Sep 6  |
| 10504-572H<br>Mon, Wed, Fri  | 60 & up<br>10:00 - 10:45am<br>\$60(R); \$78(NR) | 12 classes<br>starts Oct 9  |
| 10504-572B<br>Mon, Wed, Fri  | 60 & up<br>8:00 - 8:45am<br>\$60(R); \$78(NR)   | 12 classes<br>starts Oct 9  |
| 10504-572E<br>Mon, Wed, Fri  | 60 & up<br>9:00 - 9:45am<br>\$60(R); \$78(NR)   | 12 classes<br>starts Oct 9  |
| 10504-572K<br>Tue, Thu   | 60 & up<br>8:00 - 8:45am<br>\$40(R); \$52(NR)   | 8 classes<br>starts Oct 10  |
| 10504-572I<br>Mon, Wed, Fri  | 60 & up<br>10:00 - 10:45am<br>\$60(R); \$78(NR) | 12 classes<br>starts Nov 13 |
| 10504-572C<br>Mon, Wed, Fri  | 60 & up<br>8:00 - 8:45am<br>\$60(R); \$78(NR)   | 12 classes<br>starts Nov 13 |
| 10504-572F<br>Mon, Wed, Fri  | 60 & up<br>9:00 - 9:45am<br>\$60(R); \$78(NR)   | 12 classes<br>starts Nov 13 |
| 10504-572L<br>Tue, Thu   | 60 & up<br>8:00 - 8:45am<br>\$40(R); \$52(NR)   | 8 classes<br>starts Nov 14  |
| Theresa Banks Memorial Aqua Center<br>theresabankspool@pgparks.com |   |                             |
| 10504-583A<br>Tue, Thu   | 60 & up<br>9:00 - 9:45am<br>\$40(R); \$52(NR)   | 8 classes<br>starts Sep 12  |
| 10504-583B<br>Tue, Thu   | 60 & up<br>8:00 - 8:45am<br>\$40(R); \$52(NR)   | 8 classes<br>starts Oct 17  |





Zumba: Aqua, Seniors

Healthy! Balanced! Self-confident! Wouldn’t you like these words to describe you? A recent health report states that you can Zumba your way into an improved quality of life with months of lingering benefits. This Latin-inspired aerobic workout is a fun, calorie burning dance workout but done in low-impact water at the shallow end of the pool.

| Rollingcrest-Chillum Splash Pool<br>rollingcrestpool@pgparks.com |   |                            |
|--|---|----------------------------|
| 10506-572A<br>Mon, Wed   | 60 & up<br>6:30 - 7:15pm<br>\$40(R); \$52(NR) | 8 classes<br>starts Sep 6  |
| 10506-572B<br>Mon, Wed   | 60 & up<br>6:30 - 7:15pm<br>\$40(R); \$52(NR) | 8 classes<br>starts Oct 9  |
| 10506-572C<br>Mon, Wed   | 60 & up<br>6:30 - 7:15pm<br>\$40(R); \$52(NR) | 8 classes<br>starts Nov 13 |

MIXED AGES

Aqua Sculpt Exercise: Mixed Ages

Fashion your frame in the water! Enroll now for cardio and toning to sculpt your body in a high-intensity, bounce-free workout. Held in the shallow end of the pool, there will be little to no impact on your joints using power and suspension moves for quick toning. Gain the self-confidence to look and feel your best!

| Allentown Splash, Tennis & Fitness Pk<br>allentownpool@pgparks.com          |   |                            |
|---|---|----------------------------|
| 10633-501D<br>Fri   | 18 & up<br>6:00 - 6:45pm<br>\$48(R); \$63(NR)   | 8 classes<br>starts Sep 22 |
| 10633-501B<br>Sun   | 18 & up<br>10:00 - 10:45am<br>\$48(R); \$63(NR) | 8 classes<br>starts Sep 24 |
| Southern Regional Aquatic Wellness Center<br>wellnesscenterpool@pgparks.com |   |                            |
| 10633-5104A<br>Mon, Wed   | 18 & up<br>6:00 - 6:45pm<br>\$48(R); \$63(NR)   | 8 classes<br>starts Sep 18 |
| 10633-5104B<br>Mon, Wed   | 18 & up<br>6:00 - 6:45pm<br>\$48(R); \$63(NR)   | 8 classes<br>starts Oct 23 |

Deep Water Aerobics: Mixed Ages

Want to defy gravity? Deep water is nature’s aquatic fitness machine making you feel pounds lighter and allowing you to achieve your health goals through a balanced workout routine. This class is perfect for those hoping to relieve stress on their joints. You’ll tone abs, thighs, glutes, and the upper body. Flotation belts may be used.

| Allentown Splash, Tennis & Fitness Pk<br>allentownpool@pgparks.com |   |                            |
|--|---|----------------------------|
| 10629-501A<br>Mon, Wed   | 18 & up<br>10:00 - 10:45am<br>\$48(R); \$63(NR) | 8 classes<br>starts Sep 25 |
| 10629-501C<br>Mon, Wed   | 18 & up<br>11:00 - 11:45am<br>\$48(R); \$63(NR) | 8 classes<br>starts Sep 25 |
| 10629-501E<br>Fri  | 18 & up<br>10:00 - 10:45am<br>\$28(R); \$37(NR) | 4 classes<br>starts Sep 29 |
| 10629-501I<br>Fri  | 18 & up<br>11:00 - 11:45am<br>\$28(R); \$37(NR) | 4 classes<br>starts Sep 29 |
| 10629-501B<br>Mon, Wed   | 18 & up<br>10:00 - 10:45am<br>\$48(R); \$63(NR) | 8 classes<br>starts Oct 23 |
| 10629-501D<br>Mon, Wed   | 18 & up<br>11:00 - 11:45am<br>\$48(R); \$63(NR) | 8 classes<br>starts Oct 23 |
| 10629-501H<br>Fri  | 18 & up<br>10:00 - 10:45am<br>\$28(R); \$37(NR) | 4 classes<br>starts Oct 27 |
| 10629-501G<br>Fri  | 18 & up<br>11:00 - 11:45am<br>\$28(R); \$37(NR) | 4 classes<br>starts Oct 27 |
| Fairland Aquatics Ctr.      fairlandaquatics@pgparks.com           |   |                            |
| 10629-523A<br>Tue, Thu   | 18 & up<br>6:15 - 7:05pm<br>\$48(R); \$63(NR)   | 8 classes<br>starts Sep 26 |
| 10629-523D<br>Tue, Thu   | 18 & up<br>9:00 - 9:50am<br>\$48(R); \$63(NR)   | 8 classes<br>starts Sep 26 |
| 10629-523G<br>Sat  | 18 & up<br>9:00 - 9:50am<br>\$30(R); \$39(NR)   | 5 classes<br>starts Sep 30 |
| 10629-523B<br>Tue, Thu   | 18 & up<br>6:15 - 7:05pm<br>\$48(R); \$63(NR)   | 8 classes<br>starts Oct 24 |
| 10629-523E<br>Tue, Thu   | 18 & up<br>9:00 - 9:50am<br>\$48(R); \$63(NR)   | 8 classes<br>starts Oct 24 |
| 10629-523C<br>Tue, Thu   | 18 & up<br>6:15 - 7:05pm<br>\$42(R); \$55(NR)   | 7 classes<br>starts Nov 21 |
| 10629-523F<br>Tue, Thu   | 18 & up<br>9:00 - 9:50am<br>\$42(R); \$55(NR)   | 7 classes<br>starts Nov 21 |

Hydro Pilates

Step up your fitness by stepping into the pool! Sign up for this active course and take the pressure off your joints through the natural buoyancy of water. Build stamina as you tone and strengthen all your muscle groups. Enjoy a good, cardio workout and bond with others excited about maintaining great health.

| Fairland Aquatics Ctr.      fairlandaquatics@pgparks.com |   |                            |
|--|---|----------------------------|
| 10638-523A<br>6 classes                                  |   | 15 & up                    |
| Fri  | 7:00 - 7:50pm<br>\$36(R); \$47(NR)            | starts Sep 29              |
| 10638-523B<br>Fri  | 15 & up<br>7:00 - 7:50pm<br>\$30(R); \$39(NR) | 5 classes<br>starts Nov 10 |

Lifeguard Pre-Test

Want to show you have the skills to be a top-notch lifeguard? This pre-test is necessary for the Lifeguard Training course activities 10645 and 10616 (both pre-test and course must be taken at the same facility). Must be at least 15 years old. Participants must demonstrate the following: 1. Swim 300 yards continuously, demonstrating breath control and rhythmic breathing. 2. Tread water for 2 minutes using only the legs (hand placed across chest under armpits). 3. Must complete a timed event within 1 minute 40 seconds. Starting in the water, swim 20 yards then surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object and then swim 20 yards on back, with both hands holding the object, and finally exit the water without using a ladder or steps. Want to get some practice before taking this pre-test? Register for Lifeguard Prep Swim Lessons activity 10602 to help you prepare for a Lifeguard Pre-Test.

| Fairland Aquatics Ctr.      fairlandaquatics@pgparks.com           |   |                          |
|--|---|--------------------------|
| 10603-523A<br>1 class  |   | 15 & up                  |
| Wed  | 6:30 - 9:00pm<br>\$10(R); \$10(NR)            | starts Sep 27            |
| Southern Area Aquatics Rec Complex<br>saarc@pgparks.com            |   |                          |
| 10603-575A<br>Sat  | 15 & up<br>3:00 - 5:00pm<br>\$10(R); \$10(NR) | 1 class<br>starts Sep 16 |
| 10603-575B<br>Sat  | 15 & up<br>3:00 - 5:00pm<br>\$10(R); \$10(NR) | 1 class<br>starts Oct 28 |
| Theresa Banks Memorial Aqua Center<br>theresabankspool@pgparks.com |   |                          |
| 10603-583A<br>Fri  | 15 & up<br>6:00 - 8:00pm<br>\$10(R); \$10(NR) | 1 class<br>starts Oct 6  |

Lifeguard Prep Swim Lessons

Develop skills in water rescue, strengthen your swim-fitness level, and gain the self-confidence to save lives! Interested in taking a lifeguard training course, but need more practice? Must be at least 15 years old. Register for these swim prep swim lessons that focus on stroke development and endurance and help prepare swimmers for the Lifeguard Pre-Test. Participants must be comfortable in deep water and be able to swim at least 100 yards continuously using front crawl and/or breaststroke. Participants must be registered for an upcoming Lifeguard Pre-Test activity 10603 hosted by a department aquatic facility prior to registering or taking this course.

| Southern Area Aquatics Rec Complex<br>saarc@pgparks.com            |                                  |                            |
|--|----------------------------------|----------------------------|
| 10602-575A<br>Tue, Thu   | 15 & up<br>3:00 - 5:00pm<br>Free | 2 classes<br>starts Sep 12 |
| 10602-575B<br>Tue, Thu   | 15 & up<br>3:00 - 5:00pm<br>Free | 2 classes<br>starts Oct 24 |
| Theresa Banks Memorial Aqua Center<br>theresabankspool@pgparks.com |                                  |                            |
| 10602-583A<br>Tue, Thu, Fri  | 16 & up<br>6:00 - 8:00pm<br>Free | 5 classes<br>starts Sep 26 |





Lifeguard Training

Get empowered with the skills and confidence needed to excel at lifeguarding! The purpose of the American Red Cross Blended Learning Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over through instructor-led sessions and interactive online eLearning modules. Must be at least 16 years old. Participants must have previously passed the Lifeguard Pre-test (both pre-test and course must be taken at the same facility) where they demonstrated: 1. Swim 300 yards continuously, demonstrating breath control and rhythmic breathing. 2. Tread water for 2 minutes using only the legs, (hand placed across chest under armpits). 3. Must complete a timed event within 1 minute 40 seconds: Starting in the water, swim 20 yards then surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object and then swim 20 yards on back, with both hands holding the object and finally exit the water without using a ladder or steps. Participants must have internet access in order to complete the online component of this course.

| Fairland Aquatics Ctr. | fairlandaquatics@pgparks.com                    |                           |
|------------------------|---|---------------------------|
| 10616-523A<br>Fri-Sun  | 15 & up<br>5:00 - 9:00pm<br>\$150(R); \$195(NR) | 3 classes<br>starts Oct 6 |

Lifeguarding: Blended Learning

Get empowered with the skills and confidence needed to excel at lifeguarding! The purpose of the American Red Cross Blended Learning Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over through instructor led sessions and interactive online eLearning modules. Must be at least 15 years old. Participants must have previously passed the Lifeguard Pre-Test course activity 10603 (both pre-test and course must be taken at the same facility) where they demonstrated: 1. Swim 300 yards continuously, demonstrating breath control and rhythmic breathing. 2. Tread water for 2 minutes using only the legs, (hand placed across chest under armpits). 3. Must complete a timed event within 1 minute 40 seconds. Starting in the water, swim 20 yards then surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object and then swim 20 yards on back, with both hands holding the object and finally exit the water without using a ladder or steps. Participants must have internet access in order to complete the online component of this course.

| Southern Area Aquatics Rec Complex<br>saarc@pgparks.com            |   |                            |
|--|---|----------------------------|
| 10645-575A<br>Sat, Sun   | 15 & up<br>9:00am - 3:00pm<br>\$150(R); \$195(NR) | 4 classes<br>starts Sep 23 |
| 10645-575B<br>Sat, Sun   | 15 & up<br>9:00am - 3:00pm<br>\$150(R); \$195(NR) | 4 classes<br>starts Nov 4  |
| Theresa Banks Memorial Aqua Center<br>theresabankspool@pgparks.com |   |                            |
| 10645-583A<br>Fri-Sun  | 15 & up<br>4:00 - 8:00pm<br>\$150(R); \$195(NR)   | 3 classes<br>starts Oct 13 |

Spinning: Adults, Aqua Intermediate

Water workouts are wonderful! Join us on a stationary bike in the water to spin your way to the next level of exercise you crave. Operate various types of equipment such as aqua dumbbells and weighted balls to strengthen your physique. Tone your lower body muscles including hamstrings, buttocks, and inner thighs. Increase your flexibility and boost your mood as you build on what you learned in beginner class.

| Allentown Splash, Tennis & Fitness Pk<br>allentownpool@pgparks.com |   |                            |
|--|---|----------------------------|
| 10636-501E<br>Fri  | 18 & up<br>8:00 - 8:45pm<br>\$68(R); \$89(NR)   | 8 classes<br>starts Sep 22 |
| 10636-501B<br>Sun  | 18 & up<br>12:00 - 12:45pm<br>\$68(R); \$89(NR) | 8 classes<br>starts Sep 24 |
| 10636-501A<br>Tue, Thu   | 18 & up<br>9:00 - 9:45am<br>\$68(R); \$89(NR)   | 8 classes<br>starts Sep 26 |
| 10636-501C<br>Tue, Thu   | 18 & up<br>9:00 - 9:45am<br>\$68(R); \$89(NR)   | 8 classes<br>starts Oct 24 |

| Southern Area Aquatics Rec Complex<br>saarc@pgparks.com |   |                            |
|---|---|----------------------------|
| 10636-575A<br>Tue, Thu                                  | 18 & up<br>7:00 - 7:45am<br>\$68(R); \$89(NR) | 8 classes<br>starts Sep 12 |
| 10636-575C<br>Tue, Thu                                  | 18 & up<br>8:00 - 8:45am<br>\$68(R); \$89(NR) | 8 classes<br>starts Sep 12 |
| 10636-575B<br>Tue, Thu                                  | 18 & up<br>7:00 - 7:45am<br>\$68(R); \$89(NR) | 8 classes<br>starts Oct 17 |
| 10636-575D<br>Tue, Thu                                  | 18 & up<br>8:00 - 8:45am<br>\$68(R); \$89(NR) | 8 classes<br>starts Oct 17 |

| Southern Regional Aquatic Wellness Center<br>wellnesscenterpool@pgparks.com |   |                            |
|---|---|----------------------------|
| 10636-5104D<br>Mon, Wed   | 18 & up<br>7:00 - 7:45pm<br>\$68(R); \$89(NR) | 8 classes<br>starts Sep 18 |
| 10636-5104E<br>Mon, Wed   | 18 & up<br>7:00 - 7:45pm<br>\$68(R); \$89(NR) | 8 classes<br>starts Oct 23 |

Water Aerobics: Mixed Ages

Join us for a fast-paced and energy-packed exercise aimed to improve cardiovascular function! You'll get the added benefits of feeling refreshed, having a lighter mood, increased range of motion, sustained vitality, and building relationships with fellow exercise enthusiasts who love the water. Did we say "you'll shed inches and pounds" too?

| Allentown Splash, Tennis & Fitness Pk<br>allentownpool@pgparks.com |   |                            |
|--|---|----------------------------|
| 10627-501J<br>Sat  | 18 & up<br>7:00 - 7:45am<br>\$48(R); \$63(NR)   | 8 classes<br>starts Sep 23 |
| 10627-501I<br>Sat  | 18 & up<br>8:00 - 8:45am<br>\$48(R); \$63(NR)   | 8 classes<br>starts Sep 23 |
| 10627-501G<br>Tue, Thu   | 18 & up<br>10:00 - 10:45am<br>\$48(R); \$63(NR) | 8 classes<br>starts Sep 26 |
| 10627-501A<br>Tue, Thu   | 18 & up<br>6:00 - 6:45pm<br>\$48(R); \$63(NR)   | 8 classes<br>starts Sep 26 |
| 10627-501B<br>Tue, Thu   | 18 & up<br>7:00 - 7:45pm<br>\$48(R); \$63(NR)   | 8 classes<br>starts Sep 26 |
| 10627-501C<br>Tue, Thu   | 18 & up<br>8:00 - 8:45pm<br>\$48(R); \$63(NR)   | 8 classes<br>starts Sep 26 |
| 10627-501H<br>Tue, Thu   | 18 & up<br>10:00 - 10:45am<br>\$48(R); \$63(NR) | 8 classes<br>starts Oct 24 |
| 10627-501D<br>Tue, Thu   | 18 & up<br>6:00 - 6:45pm<br>\$48(R); \$63(NR)   | 8 classes<br>starts Oct 24 |
| 10627-501E<br>Tue, Thu   | 18 & up<br>7:00 - 7:45pm<br>\$48(R); \$63(NR)   | 8 classes<br>starts Oct 24 |
| 10627-501F<br>Tue, Thu   | 18 & up<br>8:00 - 8:45pm<br>\$48(R); \$63(NR)   | 8 classes<br>starts Oct 24 |

| Fairland Aquatics Ctr.<br>fairlandaquatics@pgparks.com |   |                            |
|--|---|----------------------------|
| 10627-523A<br>Mon                                      | 18 & up<br>7:00 - 7:50pm<br>\$36(R); \$47(NR) | 6 classes<br>starts Sep 25 |
| 10627-523D<br>Tue, Thu                                 | 18 & up<br>7:15 - 8:05pm<br>\$48(R); \$63(NR) | 8 classes<br>starts Sep 26 |
| 10627-523C<br>Wed                                      | 18 & up<br>7:00 - 7:50pm<br>\$36(R); \$47(NR) | 6 classes<br>starts Sep 27 |
| 10627-523E<br>Tue, Thu                                 | 18 & up<br>7:15 - 8:05pm<br>\$48(R); \$63(NR) | 8 classes<br>starts Oct 24 |
| 10627-523B<br>Mon                                      | 18 & up<br>7:00 - 7:50pm<br>\$42(R); \$55(NR) | 7 classes<br>starts Nov 6  |
| 10627-523G<br>Wed                                      | 18 & up<br>7:00 - 7:50pm<br>\$42(R); \$55(NR) | 7 classes<br>starts Nov 8  |
| 10627-523F<br>Tue, Thu                                 | 18 & up<br>7:15 - 8:05pm<br>\$42(R); \$55(NR) | 7 classes<br>starts Nov 21 |



# Kids' Day In/Out

## CHILDREN

### Kids' Day In

Join us for this Kids’ Day In Program, your children will enjoy fun activities including arts and crafts and games. Contact the facility for specific program information.

|   |  |                          |
|---|--|--------------------------|
| <b>Southern Area Aquatics Rec Complex</b><br><b>saarc@pgparks.com</b> |  |                          |
| <b>13212-575B</b><br>Fri  | 6 - 12yrs.<br>9:00am - 4:30pm<br>\$40(R); \$52(NR) | 1 class<br>starts Oct 20 |
| <b>13212-575A</b><br>Fri  | 6 - 12yrs.<br>9:00am - 4:30pm<br>\$40(R); \$52(NR) | 1 class<br>starts Nov 10 |

### Creative Kids' Day

Young artists are invited to join us for exciting hands-on arts activities that teach skills in art materials, core principles of art, and insights into world cultures. Each day will explore a different theme, ranging from making ancient Egyptian-style collars to Chinese opera hats to collages inspired by African mud cloths (contact facility for details). Optional extended care is available for weekday sessions at an additional cost.

|   |  |                          |
|---|--|--------------------------|
| <b>Brentwood Arts Exchange</b> <b>brentwoodarts@pgparks.com</b> |  |                          |
| <b>13203-510A</b><br>Mon  | 6 - 12yrs.<br>9:00am - 4:30pm<br>\$34(R); \$45(NR) | 1 class<br>starts Sep 25 |
| <b>13203-510B</b><br>Mon  | 6 - 12yrs.<br>9:00am - 4:30pm<br>\$34(R); \$45(NR) | 1 class<br>starts Oct 9  |
| <b>13203-510C</b><br>Fri  | 6 - 12yrs.<br>9:00am - 4:30pm<br>\$34(R); \$45(NR) | 1 class<br>starts Oct 20 |
| <b>13203-510D</b><br>Fri  | 6 - 12yrs.<br>9:00am - 4:30pm<br>\$34(R); \$45(NR) | 1 class<br>starts Nov 10 |

# Computer Skills

## SENIORS

### Smart Devices: Seniors

You don’t have to be smart like Einstein to use a smart device! Increase self-confidence, develop digital skills, and stay real-time connected with your social circles through this course. Learn how to understand and utilize various smart devices. Explore the many different features and uses of digital devices like smart phones, tablets, and other handheld devices. Participants are encouraged to bring their digital devices. Please contact offering facility for device details.

|   |   |                           |
|---|---|---------------------------|
| <b>Southern Area Aquatics Rec Complex</b><br><b>saarc@pgparks.com</b> |   |                           |
| <b>14506-575A</b><br>Tue  | 60 & up<br>10:00 - 11:30am<br>\$20(R); \$26(NR) | 4 classes<br>starts Sep 5 |
| <b>14506-575B</b><br>Tue  | 60 & up<br>10:00 - 11:30am<br>\$20(R); \$26(NR) | 4 classes<br>starts Oct 3 |
| <b>14506-575C</b><br>Tue  | 60 & up<br>10:00 - 11:30am<br>\$20(R); \$26(NR) | 4 classes<br>starts Nov 7 |

## MIXED AGES

### Video Game Design: Mixed Ages

Help your imaginary adventure world come to life creating your own video games! Learn how to create a variety of video games while developing new skills, expanding your creativity, and building relationships with other gamers. Join us in this exciting course where you will grow your ideas from a concept to a cool creation.

|   |  |                            |
|---|--|----------------------------|
| <b>Huntington Community Center</b><br><b>huntingtoncc@pgparks.com</b> |  |                            |
| <b>14601-535A</b><br>Wed  | 8 - 15yrs.<br>2:00 - 3:00pm<br>\$50(R); \$65(NR) | 8 classes<br>starts Sep 27 |

# Crafts & Hobbies

## PRE-SCHOOLERS

### Arts and Crafts: Pre-Schoolers

Your child could have the potential to create museum-worthy masterpieces! Unleash their creativity and imagination as they discover the joys of artistic play. While making and decorating various crafts, your kids will improve their fine motor skills, gain self-confidence, awareness, and build social skills. At the end of class, they will take home their beautiful finished product.

|  |  |                            |
|--|--|----------------------------|
| <b>Glenn Dale Community Center</b><br><b>glenndalecc@pgparks.com</b> |  |                            |
| <b>15103-527A</b><br>Mon, Wed  | 3 - 5yrs.<br>9:30 - 11:30am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 11 |
| <b>15103-527B</b><br>Mon, Wed  | 3 - 5yrs.<br>9:30 - 11:30am<br>\$60(R); \$78(NR) | 8 classes<br>starts Oct 16 |
| <b>15103-527C</b><br>Mon, Wed  | 3 - 5yrs.<br>9:30 - 11:30am<br>\$60(R); \$78(NR) | 8 classes<br>starts Nov 27 |

## CHILDREN

### Arts and Crafts: Children

Are you a creative genius? Use your imagination to make and to decorate various crafts. Join us to grow in your self-confidence as a young artist and crafter in our fun, interactive class.

|   |   |                           |
|---|---|---------------------------|
| <b>Huntington Community Center</b><br><b>huntingtoncc@pgparks.com</b> |   |                           |
| <b>15202-535A</b><br>Sat  | 6 - 9yrs.<br>12:00 - 1:00pm<br>\$50(R); \$65(NR)  | 8 classes<br>starts Oct 7 |
| <b>15202-535B</b><br>Sat  | 10 - 12yrs.<br>1:30 - 2:30pm<br>\$50(R); \$65(NR) | 8 classes<br>starts Oct 7 |

### Sewing: Children

How are clothes made? Do you want to start learning how to make your own pants, dresses, and tops? Sign up for this wonderfully entertaining sewing class for kids. Learn new skills while having fun building friendships with other kids. You’ll create your very own unique product to take home at the end of the course.

|  |  |                            |
|--|--|----------------------------|
| <b>Kentland Community Center</b> <b>kentlandcc@pgparks.com</b> |  |                            |
| <b>15201-540</b><br>Tue, Thu                                   | 6 - 12yrs.<br>6:00 - 7:30pm<br>\$60(R); \$78(NR) | 6 classes<br>starts Sep 12 |
| <b>15201-540B</b><br>Tue, Thu                                  | 6 - 12yrs.<br>6:00 - 7:30pm<br>\$60(R); \$78(NR) | 6 classes<br>starts Oct 10 |
| <b>15201-540C</b><br>Tue, Thu                                  | 6 - 12yrs.<br>6:00 - 7:30pm<br>\$40(R); \$52(NR) | 4 classes<br>starts Nov 7  |

|  |  |                           |
|--|--|---------------------------|
| <b>Prince George’s Plaza Community Ctr.</b><br><b>princegeorgesplazacc@pgparks.com</b> |  |                           |
| <b>15201-566A</b><br>Sat   | 6 - 12yrs.<br>11:00am - 12:30pm<br>\$40(R); \$52(NR) | 4 classes<br>starts Sep 9 |
| <b>15201-566AA</b><br>Sat  | 6 - 12yrs.<br>1:00 - 2:30pm<br>\$40(R); \$52(NR)     | 4 classes<br>starts Sep 9 |
| <b>15201-566B</b><br>Sat   | 6 - 12yrs.<br>11:00am - 12:30pm<br>\$40(R); \$52(NR) | 4 classes<br>starts Oct 7 |
| <b>15201-566BB</b><br>Sat  | 6 - 12yrs.<br>1:00 - 2:30pm<br>\$40(R); \$52(NR)     | 4 classes<br>starts Oct 7 |
| <b>15201-566C</b><br>Sat   | 6 - 12yrs.<br>11:00am - 12:30pm<br>\$40(R); \$52(NR) | 4 classes<br>starts Nov 4 |
| <b>15201-566CC</b><br>Sat  | 6 - 12yrs.<br>1:00 - 2:30pm<br>\$40(R); \$52(NR)     | 4 classes<br>starts Nov 4 |

## ADULTS

### Sewing: Adults

Have you ever looked in your closet and said, “I have nothing to wear?” We’ve got a hodge podge of amusement! Games, arts and crafts, and so much more! Learn a fresh and exciting recreation while making new friends. Sign up to bring pizzazz to your play time! This class will set you on your way to becoming the seamstress or tailor of your own wardrobe. You will learn basic sewing techniques, grow your self-confidence, and be introduced to a vast sewing culture. Please consult offering facility regarding necessary materials.

|  |   |                            |
|--|---|----------------------------|
| <b>Kentland Community Center</b> <b>kentlandcc@pgparks.com</b>                         |   |                            |
| <b>15401-540A</b><br>Wed, Thu  | 18 & up<br>6:30 - 7:45pm<br>\$50(R); \$65(NR) | 5 classes<br>starts Sep 13 |
| <b>15401-540B</b><br>Wed, Thu  | 18 & up<br>6:30 - 8:00pm<br>\$50(R); \$65(NR) | 7 classes<br>starts Oct 4  |
| <b>Peppermill Community Center</b><br><b>peppermillcc@pgparks.com</b>                  |   |                            |
| <b>15401-562A</b><br>Tue   | 18 & up<br>6:30 - 8:00pm<br>\$50(R); \$65(NR) | 6 classes<br>starts Sep 5  |
| <b>15401-562B</b><br>Tue   | 18 & up<br>6:30 - 8:00pm<br>\$50(R); \$65(NR) | 6 classes<br>starts Oct 17 |
| <b>Prince George’s Plaza Community Ctr.</b><br><b>princegeorgesplazacc@pgparks.com</b> |   |                            |
| <b>15401-566A</b><br>Thu   | 18 & up<br>6:30 - 8:00pm<br>\$40(R); \$52(NR) | 4 classes<br>starts Sep 7  |
| <b>15401-566B</b><br>Thu   | 18 & up<br>6:30 - 8:00pm<br>\$40(R); \$52(NR) | 4 classes<br>starts Oct 5  |
| <b>15401-566C</b><br>Thu   | 18 & up<br>6:30 - 8:00pm<br>\$40(R); \$52(NR) | 4 classes<br>starts Nov 2  |

## SENIORS

### Arts and Crafts: Seniors

Express your inner artist! Immerse yourself in different media like acrylics, watercolor, or collage to make various arts and crafts projects. Join this fun course of inspiration and imagination! Additional material fees may be required. Please contact offering facility for details.

|  |                                     |                          |
|--|-------------------------------------|--------------------------|
| <b>Kentland Community Center</b> <b>kentlandcc@pgparks.com</b> |                                     |                          |
| <b>15502-540C</b><br>Tue                                       | 60 & up<br>11:00am - 2:00pm<br>Free | 1 class<br>starts Sep 19 |

## MIXED AGES

### Arts and Crafts: Mixed Ages

Bring out the creative genius in you! Be inspired to go where your imagination takes you in our fun class of making and decorating various crafts. Join us to grow in your self-confidence and self-expression.

|   |   |                         |
|---|---|-------------------------|
| <b>Berwyn Heights Elementary School</b> |   |                         |
| <b>15609-506A</b><br>Tue                | 18 & up<br>6:00 - 8:30pm<br>\$40(R); \$52(NR) | 1 class<br>starts Sep 5 |
| <b>15609-506C</b><br>Thu                | 18 & up<br>6:00 - 8:30pm<br>\$40(R); \$52(NR) | 1 class<br>starts Sep 7 |
| <b>15609-506B</b><br>Tue                | 18 & up<br>6:00 - 8:30pm<br>\$40(R); \$52(NR) | 1 class<br>starts Oct 3 |
| <b>15609-506D</b><br>Thu                | 18 & up<br>6:00 - 8:30pm<br>\$40(R); \$52(NR) | 1 class<br>starts Oct 5 |

### Drawing and Painting

Expand the creative side of your mind! Enjoy the de-stressful and self-expressive arts of drawing and painting. Learn the basics of these two art forms as you bring to life the thoughts of your imagination. This course will help elevate your mood, boost your self-esteem, develop your motor skills, and improve your memory. Register now and discover your hidden artistic talents.

|   |  |                           |
|---|--|---------------------------|
| <b>Rollingcrest-Chillum Community Center</b><br><b>rollingcrestcc@pgparks.com</b> |  |                           |
| <b>15615-571A</b><br>Sat  | 5 - 12yrs.<br>10:00 - 11:00am<br>\$34(R); \$45(NR) | 4 classes<br>starts Sep 9 |
| <b>15615-571B</b><br>Sat  | 5 - 12yrs.<br>10:00 - 11:00am<br>\$34(R); \$45(NR) | 4 classes<br>starts Oct 7 |
| <b>15615-571C</b><br>Sat  | 5 - 12yrs.<br>10:00 - 11:00am<br>\$26(R); \$34(NR) | 3 classes<br>starts Nov 4 |



LEGO League: Mixed Ages

Are you ready to build the future? Use your imagination in a league shaped with you in mind. Join fellow LEGO lovers and build friendships as you develop teamwork skills in this exciting course. Design and construct your own LEGO based robot. Compete with your creations against other students. Research and solve real-world engineering challenges. Register today and become an inventor of tomorrow.

| T. Howard Duckett Park |   |                            |
|------------------------|---|----------------------------|
| 15617-570A<br>Wed      | 9 - 14yrs.<br>7:00 - 8:30pm<br>\$80(R); \$104(NR) | 8 classes<br>starts Sep 13 |
| 15617-570B<br>Wed      | 9 - 14yrs.<br>7:00 - 8:30pm<br>\$80(R); \$104(NR) | 8 classes<br>starts Nov 8  |

Sewing: Mixed Ages, Beginner

How did the television stars of those popular design and sewing shows get their start? Long before their fame, they had to learn basic sewing techniques and terms like the ones offered in this course. Join us for a fun class which builds your creativity, self-confidence, and relationships with other budding designers. Please consult offering facility regarding necessary materials.

| Huntington Community Center<br>huntingtoncc@pgparks.com |   |                            |
|---|---|----------------------------|
| 15601-535A<br>Tue                                       | 8 - 15yrs.<br>12:30 - 2:00pm<br>\$50(R); \$65(NR) | 8 classes<br>starts Sep 26 |

Fitness & Health

PRE-SCHOOLERS

Little Ninja

This high energy co-ed class is the perfect mixture of gymnastics, obstacle training, and freestyle movement. Children learn basic tumbling, bar skills, and vaulting. Your little ninja will get to practice their skills on different mats and through fun obstacles. It's the perfect introductory class into our other gymnastics-related programs or to improve their flexibility, strength, and agility to help them excel in any other sport.

| Fairland Sports Complex | fairlandsports@pgparks.com                            |                            |
|-------------------------|---|----------------------------|
| 17101-523A<br>Tue       | 3.5 - 5yrs.<br>10:30 - 11:15am<br>\$195(R); \$254(NR) | 13 classes<br>starts Sep 5 |

CHILDREN

Parkour: Children

Learn to move from point A to point B using spins, tumbling, and tricks! If you are interested in learning the basics of parkour, this is the class for you! This class will focus on movement through and around obstacles, as well as learning the foundational parkour skills including vaulting, swinging, jumping, rolling, and climbing. Develop coordination, confidence, athleticism, strength, and creativity while learning parkour.

| Fairland Sports Complex | fairlandsports@pgparks.com                          |                            |
|-------------------------|---|----------------------------|
| 17205-523A<br>Sat       | 7 - 10yrs.<br>12:00 - 1:00pm<br>\$254(R); \$331(NR) | 13 classes<br>starts Sep 9 |

TEENS

Weight Training: Teens

Don't wait to lift that weight! You can lift more using a weight machine than you imagined! Learn how to use those strength-building machines properly for toning and conditioning specific muscle groups. Enroll today to get healthy and physically balanced.

| Berwyn Heights Community Center<br>berwynheightscc@pgparks.com |   |                            |
|--|---|----------------------------|
| 17301-506A<br>Fri  | 13 - 17yrs.<br>7:00 - 8:00pm<br>\$20(R); \$26(NR) | 11 classes<br>starts Sep 8 |

| Temple Hills Community Center<br>templehillsc@pgparks.com |   |                            |
|---|---|----------------------------|
| 17301-582A<br>Sat   | 13 - 17yrs.<br>10:45 - 11:45am<br>\$25(R); \$33(NR) | 4 classes<br>starts Sep 9  |
| 17301-582B<br>Sat   | 13 - 17yrs.<br>10:45 - 11:45am<br>\$19(R); \$25(NR) | 3 classes<br>starts Oct 21 |
| 17301-582C<br>Sat   | 13 - 17yrs.<br>10:45 - 11:45am<br>\$19(R); \$25(NR) | 3 classes<br>starts Nov 11 |

ADULTS

Aerobics: Adults

Get your blood pumpin' and heart thumpin'! This energetic exercise class will rev up your mood and muscles as you progress your way to great overall fitness. Strengthen your heart and lungs. Burn calories and have fun with others moving to great music.

| Beltsville Community Center  | beltsvillecc@pgparks.com                        |                            |
|--|---|----------------------------|
| 17401-505A<br>Thu  | 18 & up<br>6:00 - 7:00pm<br>\$35(R); \$46(NR)   | 5 classes<br>starts Sep 7  |
| 17401-505B<br>Thu  | 18 & up<br>6:00 - 7:00pm<br>\$35(R); \$46(NR)   | 5 classes<br>starts Oct 19 |
| Glenn Dale Community Center<br>glenndalecc@pgparks.com               |   |                            |
| 17401-527A<br>Wed  | 18 & up<br>10:00 - 11:00am<br>\$30(R); \$39(NR) | 6 classes<br>starts Sep 27 |
| 17401-527B<br>Wed  | 18 & up<br>10:00 - 11:00am<br>\$30(R); \$39(NR) | 6 classes<br>starts Nov 15 |
| Hillcrest Heights Community Center<br>hillcrestheightscc@pgparks.com |   |                            |
| 17401-534A<br>Tue, Thu   | 18 & up<br>6:30 - 7:30pm<br>\$36(R); \$47(NR)   | 8 classes<br>starts Sep 5  |
| 17401-534B<br>Tue, Thu   | 18 & up<br>6:30 - 7:30pm<br>\$41(R); \$54(NR)   | 9 classes<br>starts Oct 3  |
| 17401-534C<br>Tue, Thu   | 18 & up<br>6:30 - 7:30pm<br>\$36(R); \$47(NR)   | 8 classes<br>starts Nov 2  |

Aerobics: Hula Hoop, Adults Beginner

Tap into a memory from your childhood! Hula-hooping achieves a total body workout including a stronger core, waist reduction, and flexibility. Swirl your way to next level fitness with this exciting exercise routine.

| Temple Hills Community Center<br>templehillsc@pgparks.com |   |                           |
|---|---|---------------------------|
| 17402-582A<br>Tue, Thu                                    | 18 & up<br>7:00 - 8:00pm<br>\$36(R); \$47(NR) | 8 classes<br>starts Sep 5 |
| 17402-582B<br>Tue, Thu                                    | 18 & up<br>7:00 - 8:00pm<br>\$41(R); \$54(NR) | 9 classes<br>starts Oct 3 |
| 17402-582C<br>Tue, Thu                                    | 18 & up<br>7:00 - 8:00pm<br>\$32(R); \$42(NR) | 8 classes<br>starts Nov 2 |

Bio Fitness and Cardio Fit: Hi-Low Impact, Adults

Aerobics class for cardio benefit. Low or hi-impact class.

| Tucker Road Community Center<br>tuckerroadcc@pgparks.com       |  |                             |
|--|--|-----------------------------|
| 17419-584A<br>Tue  | 18 & up<br>9:30 - 10:30am<br>\$28(R); \$37(NR) | 6 classes<br>starts Sep 12  |
| 17419-584B<br>Thu  | 18 & up<br>9:30 - 10:30am<br>\$28(R); \$37(NR) | 6 classes<br>starts Sep 14  |
| 17419-584C<br>Tue  | 18 & up<br>9:30 - 10:30am<br>\$28(R); \$37(NR) | 6 classes<br>starts Oct 24  |
| 17419-584D<br>Thu  | 18 & up<br>9:30 - 10:30am<br>\$23(R); \$30(NR) | 5 classes<br>starts Oct 26  |
| Upper Marlboro Community Center<br>uppermarlborocc@pgparks.com |  |                             |
| 17419-586A<br>Mon, Wed   | 18 & up<br>9:30 - 10:30am<br>\$60(R); \$78(NR) | 10 classes<br>starts Sep 11 |
| 17419-586B<br>Mon, Wed   | 18 & up<br>9:30 - 10:30am<br>\$60(R); \$78(NR) | 10 classes<br>starts Oct 16 |

Bio Fitness: Tone and Firm, Adults

Enjoy a low-impact, high-energy, cardio workout. Patrons may register on-site for 1 day/week course. For single weekday courses, please contact the center for registration details.

| Upper Marlboro Community Center<br>uppermarlborocc@pgparks.com |  |                             |
|--|--|-----------------------------|
| 17421-586A<br>Tue, Thu   | 18 & up<br>5:30 - 6:30pm<br>\$72(R); \$94(NR)  | 12 classes<br>starts Sep 5  |
| 17421-586B<br>Tue, Thu   | 18 & up<br>5:30 - 6:30pm<br>\$78(R); \$102(NR) | 13 classes<br>starts Oct 17 |

Cardio Circuit Training

Get your blood pumping and flowing! Exercise does not have to be boring in our challenging workout. Do a variety of fun, effective exercises using weights and other props. Watch your strength, balance, and core muscles improve over time. Sign up today for cardio that's smart for all your body parts.

| Fairland Sports Complex | fairlandsports@pgparks.com                     |                            |
|-------------------------|--|----------------------------|
| 17484-523B<br>Thu       | 18 & up<br>7:30 - 8:30pm<br>\$72(R); \$94(NR)  | 12 classes<br>starts Sep 7 |
| 17484-523A<br>Sat       | 18 & up<br>9:00 - 10:00am<br>\$72(R); \$94(NR) | 12 classes<br>starts Sep 9 |

Chair Aerobics: Adults

Get and keep flexible! Designed to tone and stretch, this course includes a variety of exercises to keep you healthy. Enlist today and stay on the edge of your seat!

| Cedar Heights Community Center<br>cedarheightscc@pgparks.com                 |   |                            |
|--|---|----------------------------|
| 17445-512A<br>Mon  | 18 & up<br>10:00 - 11:00am<br>\$35(R); \$46(NR) | 6 classes<br>starts Sep 11 |
| 17445-512B<br>Mon  | 18 & up<br>10:00 - 11:00am<br>\$35(R); \$46(NR) | 6 classes<br>starts Oct 23 |
| Laurel-Beltsville Senior Activity Ctr<br>laurelbeltsvilleseniors@pgparks.com |   |                            |
| 17445-546A<br>Tue, Fri   | 50 & up<br>9:30 - 10:30am<br>\$52(R); \$68(NR)  | 4 classes<br>starts Sep 5  |
| 17445-546B<br>Tue, Fri   | 50 & up<br>9:30 - 10:30am<br>\$52(R); \$68(NR)  | 4 classes<br>starts Oct 3  |
| 17445-546C<br>Tue, Fri   | 50 & up<br>9:30 - 10:30am<br>\$52(R); \$68(NR)  | 4 classes<br>starts Oct 31 |

Exercise: Adults

Take charge of your life! Sign up for our energetic but low-impact class of exercise that's fun and focused. Stay active and you'll be on your way to maintaining good physical health.

| Hillcrest Heights Community Center<br>hillcrestheightscc@pgparks.com         |   |                             |
|--|---|-----------------------------|
| 17435-534A<br>Tue-Thu  | 50 & up<br>9:30 - 10:30am<br>\$30(R); \$39(NR)    | 12 classes<br>starts Sep 5  |
| 17435-534B<br>Tue-Thu  | 50 & up<br>9:30 - 10:30am<br>\$30(R); \$39(NR)    | 12 classes<br>starts Oct 3  |
| 17435-534C<br>Tue-Thu  | 50 & up<br>9:30 - 10:30am<br>\$35(R); \$46(NR)    | 14 classes<br>starts Oct 31 |
| Laurel-Beltsville Senior Activity Ctr<br>laurelbeltsvilleseniors@pgparks.com |   |                             |
| 17435-546D<br>Mon, Wed   | 50 & up<br>11:00am - 12:00pm<br>\$32(R); \$42(NR) | 8 classes<br>starts Sep 6   |
| 17435-546A<br>Mon, Wed, Fri  | 50 & up<br>9:00 - 10:00am<br>\$37(R); \$49(NR)    | 12 classes<br>starts Sep 6  |
| 17435-546E<br>Mon, Wed   | 50 & up<br>11:00am - 12:00pm<br>\$32(R); \$42(NR) | 8 classes<br>starts Oct 4   |
| 17435-546B<br>Mon, Wed, Fri  | 50 & up<br>9:00 - 10:00am<br>\$37(R); \$49(NR)    | 12 classes<br>starts Oct 4  |
| 17435-546F<br>Mon, Wed   | 50 & up<br>11:00am - 12:00pm<br>\$32(R); \$42(NR) | 8 classes<br>starts Nov 1   |
| 17435-546C<br>Mon, Wed, Fri  | 50 & up<br>9:00 - 10:00am<br>\$37(R); \$49(NR)    | 13 classes<br>starts Nov 1  |

Fit & Strong

Are you looking for a class to improve exercise frequency, increase strength, and help with goal setting to promote overall health? Join us for "Fit & Strong!", an evidence-based physical activity program that combines aerobics, stretching, balance, strength, endurance exercises, and health education to promote healthy behavior changes. Registration is required.

| Beltsville Community Center  | wellness@pgparks.com                 |                             |
|------------------------------|--------------------------------------|-----------------------------|
| 17488-579<br>Tue, Thu        | 18 & up<br>9:30 - 11:00am<br>Free    | 25 classes<br>starts Oct 17 |
| Harmony Hall Regional Center | wellness@pgparks.com                 |                             |
| 17488-579A<br>Mon, Wed       | 18 & up<br>10:30am - 12:00pm<br>Free | 24 classes<br>starts Sep 11 |





Fitness Boot Camp: Adults

Get ready to kick...your fitness into gear! This is an intense, full-body, strength and conditioning, fitness training program. Your TARGET is great health. Defeat is not an option. Get empowered! Get moving! You've got this!

|   |   |                             |
|---|---|-----------------------------|
| <b>Berwyn Heights Community Center</b><br><b>berwynheightsccc@pgparks.com</b> |   |                             |
| <b>17426-506A</b><br>Mon, Wed   | 18 & up<br>6:00 - 7:00pm<br>\$65(R); \$85(NR)     | 23 classes<br>starts Sep 6  |
| <b>College Park Community Center</b><br><b>collegeparkccc@pgparks.com</b>     |   |                             |
| <b>17426-516AA</b><br>Mon, Wed  | 18 - 59yrs.<br>6:15 - 7:15pm<br>\$35(R); \$46(NR) | 8 classes<br>starts Sep 11  |
| <b>17426-516A</b><br>Tue, Thu   | 18 & up<br>6:00 - 7:00pm<br>\$35(R); \$46(NR)     | 12 classes<br>starts Sep 12 |
| <b>17426-516D</b><br>Sat  | 18 & up<br>8:00 - 8:45am<br>\$35(R); \$46(NR)     | 6 classes<br>starts Sep 16  |
| <b>17426-516BB</b><br>Mon, Wed  | 18 - 59yrs.<br>6:15 - 7:15pm<br>\$35(R); \$46(NR) | 8 classes<br>starts Oct 9   |
| <b>17426-516B</b><br>Tue, Thu   | 18 & up<br>6:00 - 7:00pm<br>\$35(R); \$46(NR)     | 12 classes<br>starts Oct 24 |
| <b>17426-516E</b><br>Sat  | 18 & up<br>8:00 - 8:45am<br>\$35(R); \$46(NR)     | 6 classes<br>starts Nov 4   |
| <b>Harmony Hall Regional Center</b><br><b>harmonyhallrc@pgparks.com</b>       |   |                             |
| <b>17426-532A</b><br>Mon, Wed, Fri  | 18 & up<br>6:00 - 7:00pm<br>\$40(R); \$52(NR)     | 11 classes<br>starts Sep 6  |
| <b>17426-532B</b><br>Mon, Wed, Fri  | 18 & up<br>6:00 - 7:00pm<br>\$43(R); \$56(NR)     | 12 classes<br>starts Oct 2  |
| <b>17426-532C</b><br>Mon, Wed, Fri  | 18 & up<br>6:00 - 7:00pm<br>\$54(R); \$71(NR)     | 15 classes<br>starts Oct 30 |
| <b>Lake Arbor Community Center</b><br><b>lakearborccc@pgparks.com</b>         |   |                             |
| <b>17426-541A</b><br>Wed  | 18 & up<br>6:30 - 7:30pm<br>\$35(R); \$46(NR)     | 4 classes<br>starts Sep 6   |
| <b>17426-541B</b><br>Wed  | 18 & up<br>6:30 - 7:30pm<br>\$35(R); \$46(NR)     | 4 classes<br>starts Oct 4   |
| <b>17426-541C</b><br>Wed  | 18 & up<br>6:30 - 7:30pm<br>\$35(R); \$46(NR)     | 4 classes<br>starts Nov 1   |
| <b>Suitland Community Center</b><br><b>suitlandccc@pgparks.com</b>            |   |                             |
| <b>17426-581B</b><br>Sat  | 18 & up<br>10:15 - 11:15am<br>\$36(R); \$47(NR)   | 4 classes<br>starts Sep 9   |
| <b>17426-581A</b><br>Sat  | 18 & up<br>10:15 - 11:15am<br>\$36(R); \$47(NR)   | 6 classes<br>starts Oct 21  |
| <b>Temple Hills Community Center</b><br><b>templehillsc@pgparks.com</b>       |   |                             |
| <b>17426-582A</b><br>Tue  | 18 & up<br>6:30 - 7:30pm<br>\$36(R); \$47(NR)     | 6 classes<br>starts Sep 5   |
| <b>17426-582B</b><br>Tue  | 18 & up<br>6:30 - 7:30pm<br>\$42(R); \$55(NR)     | 7 classes<br>starts Oct 17  |

|   |  |                             |
|---|--|-----------------------------|
| <b>Tucker Road Community Center</b><br><b>tuckerroadccc@pgparks.com</b>       |  |                             |
| <b>17426-584A</b><br>Mon, Wed, Fri  | 18 & up<br>7:30 - 8:30am<br>\$40(R); \$52(NR)  | 11 classes<br>starts Sep 6  |
| <b>17426-584C</b><br>Mon, Wed, Fri  | 18 & up<br>9:00 - 10:00am<br>\$40(R); \$52(NR) | 11 classes<br>starts Sep 6  |
| <b>17426-584B</b><br>Mon, Wed, Fri  | 18 & up<br>7:30 - 8:30am<br>\$43(R); \$56(NR)  | 12 classes<br>starts Oct 2  |
| <b>17426-584H</b><br>Mon, Wed, Fri  | 18 & up<br>9:00 - 10:00am<br>\$43(R); \$56(NR) | 12 classes<br>starts Oct 2  |
| <b>17426-584C</b><br>Mon, Wed, Fri  | 18 & up<br>7:30 - 8:30am<br>\$55(R); \$72(NR)  | 15 classes<br>starts Oct 30 |
| <b>17426-584I</b><br>Mon, Wed, Fri  | 18 & up<br>9:00 - 10:00am<br>\$55(R); \$72(NR) | 15 classes<br>starts Oct 30 |
| <b>Upper Marlboro Community Center</b><br><b>uppermarlboroccc@pgparks.com</b> |  |                             |
| <b>17426-586A</b><br>Tue  | 18 & up<br>7:00 - 8:00pm<br>\$42(R); \$55(NR)  | 6 classes<br>starts Sep 5   |
| <b>17426-586D</b><br>Thu  | 18 & up<br>7:00 - 8:00pm<br>\$42(R); \$55(NR)  | 6 classes<br>starts Sep 7   |
| <b>17426-586B</b><br>Tue  | 18 & up<br>7:00 - 8:00pm<br>\$42(R); \$55(NR)  | 6 classes<br>starts Oct 17  |
| <b>17426-586E</b><br>Thu  | 18 & up<br>7:00 - 8:00pm<br>\$35(R); \$46(NR)  | 5 classes<br>starts Oct 19  |
| <b>17426-586F</b><br>Thu  | 18 & up<br>7:00 - 8:00pm<br>\$35(R); \$46(NR)  | 6 classes<br>starts Nov 23  |
| <b>17426-586C</b><br>Tue  | 18 & up<br>7:00 - 8:00pm<br>\$35(R); \$46(NR)  | 5 classes<br>starts Nov 28  |

Fitness Dance: Adults

This is not your ordinary hip-hop dance class. Get moving and grooving to upbeat music while your fitness level improves. Join us for learning choreography from popular music videos and making up your own dance moves. It's all fun and all good in this energetic workout.

|   |  |                            |
|---|--|----------------------------|
| <b>Fort Washington Forest Comm Center</b><br><b>fortwashingtonccc@pgparks.com</b> |  |                            |
| <b>17440-524C</b><br>Sat  | 18 & up<br>9:15 - 10:00am<br>\$30(R); \$39(NR) | 6 classes<br>starts Oct 21 |

Fitness: Adults, Beginner

According to a leading U.S. medical clinic, just 30 minutes of physical activity five times per week can reap significant health benefits. Get started today in our class and activate your physical wellness. This is a slow-paced, low impact class designed to maintain and improve your fitness levels. Sign up and become a healthy new you!

|   |  |                             |
|---|--|-----------------------------|
| <b>Westphalia Community Center</b><br><b>westphaliacc@pgparks.com</b> |  |                             |
| <b>17468-590A</b><br>Tue, Thu   | 40 & up<br>9:15 - 10:15am<br>\$45(R); \$59(NR) | 12 classes<br>starts Sep 5  |
| <b>17468-590B</b><br>Tue, Thu   | 40 & up<br>9:15 - 10:15am<br>\$53(R); \$69(NR) | 12 classes<br>starts Oct 17 |

Fitness: Boxing, Adults

Want an energetic workout that will produce overall great fitness? Challenge all your major muscle groups with exercises like squats, presses, lifts, and curls. Be inspired by great music while you burn calories, improve your strength, and boost your endurance. Sign up today for this sluggish-busting class and be on your way to better health.

|   |   |                            |
|---|---|----------------------------|
| <b>North Brentwood Community Center</b><br><b>northbrentwoodccc@pgparks.com</b> |   |                            |
| <b>17442-552A</b><br>Thu  | 18 & up<br>7:00 - 8:00pm<br>\$30(R); \$39(NR) | 6 classes<br>starts Sep 7  |
| <b>17442-552B</b><br>Thu  | 18 & up<br>7:00 - 8:00pm<br>\$30(R); \$39(NR) | 6 classes<br>starts Oct 26 |

Fitness: Women

Have you got powHER? Begin your fitness adventure with us in this active class of weight training and cardio exercises. Learn workout strategies with other motivated women and get healthy today!

|   |   |                             |
|---|---|-----------------------------|
| <b>College Park Community Center</b><br><b>collegeparkccc@pgparks.com</b>     |   |                             |
| <b>17430-516AA</b><br>Mon, Wed  | 18 & up<br>9:30 - 10:30am<br>\$30(R); \$39(NR)  | 12 classes<br>starts Sep 11 |
| <b>17430-516BB</b><br>Mon, Wed  | 18 & up<br>9:30 - 10:30am<br>\$30(R); \$39(NR)  | 12 classes<br>starts Nov 6  |
| <b>Upper Marlboro Community Center</b><br><b>uppermarlboroccc@pgparks.com</b> |   |                             |
| <b>17430-586A</b><br>Sat  | 18 & up<br>8:30 - 9:30am<br>\$77(R); \$101(NR)  | 11 classes<br>starts Oct 21 |
| <b>17430-586B</b><br>Sat  | 18 & up<br>9:30 - 10:30am<br>\$77(R); \$101(NR) | 11 classes<br>starts Oct 21 |

Personal Training: Adults

Get the personal attention you want in your fitness routine! Your trainer will lead you to concentrate on various exercises and stretches. Increase strength, elevate metabolism, build endurance, and perfect your technique. Enroll now and start your tailored workout.

|   |   |                           |
|---|---|---------------------------|
| <b>Berwyn Heights Community Center</b><br><b>berwynheightsccc@pgparks.com</b> |   |                           |
| <b>17429-506A</b><br>Sat  | 50 & up<br>2:30 - 4:00pm<br>\$35(R); \$46(NR) | 4 classes<br>starts Sep 9 |
| <b>17429-506B</b><br>Sat  | 50 & up<br>2:30 - 4:00pm<br>\$35(R); \$46(NR) | 4 classes<br>starts Oct 7 |
| <b>17429-506C</b><br>Sat  | 50 & up<br>2:30 - 4:00pm<br>\$35(R); \$46(NR) | 4 classes<br>starts Nov 4 |

|   |   |                             |
|---|---|-----------------------------|
| <b>Tucker Road Community Center</b><br><b>tuckerroadccc@pgparks.com</b> |   |                             |
| <b>17429-584A</b><br>Mon, Wed, Fri                                      | 18 & up<br>11:00am - 12:00pm<br>\$48(R); \$63(NR) | 11 classes<br>starts Sep 6  |
| <b>17429-584B</b><br>Mon, Wed, Fri                                      | 18 & up<br>11:00am - 12:00pm<br>\$44(R); \$58(NR) | 12 classes<br>starts Oct 2  |
| <b>17429-584C</b><br>Mon, Wed, Fri                                      | 18 & up<br>11:00am - 12:00pm<br>\$55(R); \$72(NR) | 15 classes<br>starts Oct 30 |

Pilates: Adults, Beginner

Used by athletes and dancers alike for almost 100 years, Pilates is the tested way to improved health. The Pilates method teaches exercises created to relieve stress, ease back pain, condition, and restore the body's natural balance. Stretch your way to improved fitness!

|   |   |                             |
|---|---|-----------------------------|
| <b>College Park Community Center</b><br><b>collegeparkccc@pgparks.com</b> |   |                             |
| <b>17423-516A</b><br>Mon, Wed   | 18 & up<br>10:45 - 11:45am<br>\$30(R); \$39(NR) | 12 classes<br>starts Sep 11 |
| <b>17423-516B</b><br>Mon, Wed   | 18 & up<br>10:45 - 11:45am<br>\$30(R); \$39(NR) | 12 classes<br>starts Nov 6  |
| <b>Good Luck Community Center</b><br><b>goodluckccc@pgparks.com</b>       |   |                             |
| <b>17423-529AA</b><br>Mon   | 18 & up<br>6:15 - 7:00pm<br>\$20(R); \$26(NR)   | 4 classes<br>starts Sep 11  |
| <b>17423-529BB</b><br>Mon   | 18 & up<br>6:15 - 7:00pm<br>\$20(R); \$26(NR)   | 4 classes<br>starts Oct 16  |





Piloxing

Achieve mental and physical balance! Piloxing blends the strengthening and cardio of boxing, the muscle sculpting of standing Pilates, and the fun, sensuality of dance. Sign up for this high energy, interval workout which uses low to high impact moves to burn many calories as you focus on centering your core. Moves are modified according to participant’s level.

| Good Luck Community Center<br>goodluckcc@pgparks.com |   |                            |
|--|---|----------------------------|
| 17425-529AA<br>Sat                                   | 18 & up<br>10:00 - 11:00am<br>\$20(R); \$26(NR) | 4 classes<br>starts Sep 16 |
| 17425-529BB<br>Sat                                   | 18 & up<br>10:00 - 11:00am<br>\$20(R); \$26(NR) | 4 classes<br>starts Oct 21 |

Spinning: Adults, Beginner

Spinning is an original and very popular group cycling class. With no complicated moves to learn and music that begs your legs to pedal, getting in shape is easy. Ride into cardiovascular fitness, boosted energy, and an empowered new you!

| Fairland Sports Complex      fairlandsports@pgparks.com |  |                            |
|---|--|----------------------------|
| 17405-523B<br>Wed                                       | 18 & up<br>6:30 - 7:30pm<br>\$72(R); \$94(NR)  | 12 classes<br>starts Sep 6 |
| 17405-523C<br>Fri                                       | 18 & up<br>9:00 - 10:00am<br>\$72(R); \$94(NR) | 12 classes<br>starts Sep 8 |
| Southern Reg Tec & Rec Complex      techrec@pgparks.com |  |                            |
| 17405-577A<br>Mon, Wed                                  | 18 & up<br>6:30 - 7:30pm<br>\$40(R); \$52(NR)  | 8 classes<br>starts Sep 11 |
| 17405-577B<br>Mon, Wed                                  | 18 & up<br>6:30 - 7:30pm<br>\$40(R); \$52(NR)  | 8 classes<br>starts Oct 16 |
| 17405-577C<br>Mon, Wed                                  | 18 & up<br>6:30 - 7:15pm<br>\$40(R); \$52(NR)  | 8 classes<br>starts Nov 20 |

Step Aerobics: Adults

Step up to next level fitness! We have a full body workout waiting for you in the worldwide class phenomena known as Step Aerobics. Join the sensation while you improve cardiovascular health, gain core strength, and achieve an invigorated whole body. We will keep the music high energy and encourage you to remain inspired toward reaching your goals.

| Largo/Kettering/Perrywood Comm. Ctr.<br>largoketteringperrywoodcc@pgparks.com |  |                            |
|---|--|----------------------------|
| 17457-545D<br>Sat   | 18 & up<br>9:00 - 10:00am<br>\$36(R); \$47(NR) | 6 classes<br>starts Sep 2  |
| 17457-545A<br>Thu   | 18 & up<br>7:00 - 8:00pm<br>\$24(R); \$32(NR)  | 4 classes<br>starts Sep 7  |
| 17457-545B<br>Thu   | 18 & up<br>7:00 - 8:00pm<br>\$24(R); \$32(NR)  | 4 classes<br>starts Oct 5  |
| 17457-545E<br>Sat   | 18 & up<br>9:00 - 10:00am<br>\$36(R); \$47(NR) | 6 classes<br>starts Oct 14 |
| 17457-545C<br>Thu   | 18 & up<br>7:00 - 8:00pm<br>\$24(R); \$32(NR)  | 5 classes<br>starts Nov 2  |



Tai Chi: Adults, Beginner

“Meditation in motion” is how health experts describe Tai Chi -- an ancient form of exercise for balance, stretching, muscle tone, and flexibility. Incorporate deep breathing along with these gentle, flowing, focused movements into your exercise program for better overall health and the relief of stress. Sometimes the ancient way is the best way!

| Beltsville Community Center      beltsvillecc@pgparks.com    |   |                             |
|--|---|-----------------------------|
| 17407-505A<br>Mon  | 18 & up<br>7:00 - 8:00pm<br>\$42(R); \$55(NR)     | 6 classes<br>starts Oct 2   |
| 17407-505B<br>Mon  | 18 & up<br>7:00 - 8:00pm<br>\$42(R); \$55(NR)     | 6 classes<br>starts Nov 13  |
| Berwyn Heights Elementary School                             |   |                             |
| 17407-506A<br>Mon  | 18 & up<br>7:00 - 8:00pm<br>\$60(R); \$78(NR)     | 11 classes<br>starts Sep 11 |
| Cedar Heights Community Center<br>cedarheightscc@pgparks.com |   |                             |
| 17407-512A<br>Tue  | 18 & up<br>11:15am - 12:15pm<br>\$35(R); \$46(NR) | 6 classes<br>starts Sep 5   |
| 17407-512B<br>Tue  | 18 & up<br>11:15am - 12:15pm<br>\$35(R); \$46(NR) | 6 classes<br>starts Oct 24  |
| Glenn Dale Community Center<br>glenndalecc@pgparks.com       |   |                             |
| 17407-527A<br>Thu  | 18 & up<br>10:00 - 11:00am<br>\$40(R); \$52(NR)   | 6 classes<br>starts Sep 28  |
| 17407-527B<br>Thu  | 18 & up<br>10:00 - 11:00am<br>\$40(R); \$52(NR)   | 6 classes<br>starts Nov 16  |

Weight Training: Adults

Get pumped! Build bone density, burn fat faster, and develop the strength you’ve dreamed of! Work with an instructor on an individual basis to develop a workout fitness program covering cardio and weight training. Enjoy the benefits of feeling empowered and confident as you form a healthier and happier you!

| Fairland Sports Complex      fairlandsports@pgparks.com |   |                            |
|---|---|----------------------------|
| 17436-523A<br>Thu                                       | 18 & up<br>9:00 - 10:00am<br>\$72(R); \$94(NR)  | 12 classes<br>starts Sep 7 |
| Good Luck Community Center<br>goodluckcc@pgparks.com    |   |                            |
| 17436-529AA<br>Mon                                      | 18 & up<br>10:30 - 11:30am<br>\$20(R); \$26(NR) | 4 classes<br>starts Sep 11 |
| 17436-529CC<br>Wed                                      | 18 & up<br>10:30 - 11:30am<br>\$20(R); \$26(NR) | 4 classes<br>starts Sep 13 |
| 17436-529BB<br>Mon                                      | 18 & up<br>10:30 - 11:30am<br>\$20(R); \$26(NR) | 4 classes<br>starts Oct 16 |
| 17436-529DD<br>Wed                                      | 18 & up<br>10:30 - 11:30am<br>\$20(R); \$26(NR) | 4 classes<br>starts Oct 18 |



Weight Training: Kettlebell

Lifting weights just got easier with this full-body workout using a kettlebell (a weight that resembles a cannonball with a handle)! We will improve core muscles, cardiovascular conditioning, power, stability, flexibility, balance, and agility. You’ll fly to next level fitness as you tone and tighten legs, glutes, back, arms, along with abs. Get lifting and achieve your exercise goals!

| Harmony Hall Regional Center<br>harmonyhallrc@pgparks.com |   |                           |
|---|---|---------------------------|
| 17453-532A<br>Tue   | 18 & up<br>6:30 - 7:30pm<br>\$28(R); \$37(NR) | 4 classes<br>starts Sep 5 |
| 17453-532B<br>Thu   | 18 & up<br>6:30 - 7:30pm<br>\$28(R); \$37(NR) | 4 classes<br>starts Sep 7 |
| 17453-523D<br>Tue   | 18 & up<br>6:30 - 7:30pm<br>\$21(R); \$28(NR) | 5 classes<br>starts Oct 3 |
| 17453-532C<br>Tue   | 18 & up<br>6:30 - 7:30pm<br>\$35(R); \$46(NR) | 5 classes<br>starts Oct 3 |
| 17453-532E<br>Thu   | 18 & up<br>6:30 - 7:30pm<br>\$28(R); \$37(NR) | 5 classes<br>starts Oct 5 |
| 17453-532D<br>Tue   | 18 & up<br>6:30 - 7:30pm<br>\$28(R); \$37(NR) | 4 classes<br>starts Nov 7 |
| 17453-532F<br>Thu   | 18 & up<br>6:30 - 7:30pm<br>\$28(R); \$37(NR) | 3 classes<br>starts Nov 9 |

Weight Training: Women

You are a masterpiece and every work of art needs a strong, beautiful frame! Weight training sculpts your physique, accelerates fat burning, and builds bone density while minimizing the risks associated with osteoporosis. Our class changes your body composition as you use weight machines to target specific muscle groups. You will increasingly gain self-confidence, self-awareness, be empowered, and stay healthy through this program.

| Berwyn Heights Community Center<br>berwynheightscc@pgparks.com |   |                             |
|--|---|-----------------------------|
| 17411-506A<br>Mon, Wed   | 18 & up<br>3:30 - 4:30pm<br>\$60(R); \$78(NR) | 11 classes<br>starts Sep 6  |
| 17411-506B<br>Mon, Wed   | 18 & up<br>3:30 - 4:30pm<br>\$60(R); \$78(NR) | 12 classes<br>starts Oct 16 |
| William Beanes Community Center<br>williambeanesc@pgparks.com  |   |                             |
| 17411-591A<br>Mon, Wed   | 18 & up<br>6:00 - 7:00pm<br>\$21(R); \$28(NR) | 6 classes<br>starts Sep 11  |
| 17411-591D<br>Mon, Wed   | 18 & up<br>7:05 - 8:05pm<br>\$21(R); \$28(NR) | 6 classes<br>starts Sep 11  |
| 17411-591B<br>Mon, Wed   | 18 & up<br>6:00 - 7:00pm<br>\$35(R); \$46(NR) | 10 classes<br>starts Oct 2  |
| 17411-591E<br>Mon, Wed   | 18 & up<br>7:05 - 8:05pm<br>\$35(R); \$46(NR) | 10 classes<br>starts Oct 2  |
| 17411-591C<br>Mon, Wed   | 18 & up<br>6:00 - 7:00pm<br>\$28(R); \$37(NR) | 8 classes<br>starts Nov 6   |
| 17411-591F<br>Mon, Wed   | 18 & up<br>7:05 - 8:05pm<br>\$28(R); \$37(NR) | 8 classes<br>starts Nov 6   |





Yoga: Adults, All Levels

Stretch toward your fitness goals! Learn basic yoga to improve health and flexibility through deep breathing and controlled stretching. Reduce stress, get better sleep, and build muscle stamina as you practice new or previously learned yoga skills.

| Baden Community Center                |   | badencc@pgparks.com                 |
|---------------------------------------|---|-------------------------------------|
| 17413-504A                            | 18 & up<br>6:00 - 7:00pm<br>\$30(R); \$39(NR)     | 5 classes<br>starts Oct 2           |
| 17413-504C                            | 18 & up<br>6:00 - 7:00pm<br>\$24(R); \$32(NR)     | 4 classes<br>starts Oct 4           |
| 17413-504D                            | 18 & up<br>6:00 - 7:00pm<br>\$30(R); \$39(NR)     | 5 classes<br>starts Nov 1           |
| 17413-504B                            | 18 & up<br>6:00 - 7:00pm<br>\$24(R); \$32(NR)     | 4 classes<br>starts Nov 6           |
| Beltsville Community Center           |   | beltsvillecc@pgparks.com            |
| 17413-505A                            | 18 & up<br>6:00 - 7:00pm<br>\$35(R); \$46(NR)     | 5 classes<br>starts Oct 3           |
| 17413-505B                            | 18 & up<br>6:00 - 7:00pm<br>\$35(R); \$46(NR)     | 5 classes<br>starts Nov 14          |
| Fairland Sports Complex               |   | fairlandsports@pgparks.com          |
| 17413-523B                            | 18 & up<br>9:00 - 10:00am<br>\$72(R); \$94(NR)    | 12 classes<br>starts Sep 6          |
| 17413-523C                            | 18 & up<br>10:00 - 11:00am<br>\$72(R); \$94(NR)   | 12 classes<br>starts Sep 8          |
| 17413-523A                            | 18 & up<br>10:00 - 11:00am<br>\$72(R); \$94(NR)   | 12 classes<br>starts Sep 9          |
| 17413-523D                            | 18 & up<br>10:00 - 11:00am<br>\$72(R); \$94(NR)   | 12 classes<br>starts Sep 11         |
| Good Luck Community Center            |   | goodluckcc@pgparks.com              |
| 17413-529AA                           | 18 & up<br>10:00 - 11:00am<br>\$40(R); \$52(NR)   | 8 classes<br>starts Sep 12          |
| 17413-529CC                           | 18 & up<br>11:15am - 12:15pm<br>\$20(R); \$26(NR) | 4 classes<br>starts Sep 16          |
| 17413-529BB                           | 18 & up<br>10:00 - 11:00am<br>\$40(R); \$52(NR)   | 8 classes<br>starts Oct 17          |
| 17413-529DD                           | 18 & up<br>11:15am - 12:15pm<br>\$20(R); \$26(NR) | 4 classes<br>starts Oct 21          |
| Hillcrest Heights Community Center    |   | hillcrestheightscc@pgparks.com      |
| 17413-534A                            | 18 & up<br>9:30 - 10:30am<br>\$30(R); \$39(NR)    | 5 classes<br>starts Sep 9           |
| 17413-534B                            | 18 & up<br>9:30 - 10:30am<br>\$24(R); \$32(NR)    | 4 classes<br>starts Oct 14          |
| 17413-534C                            | 18 & up<br>9:30 - 10:30am<br>\$24(R); \$32(NR)    | 4 classes<br>starts Nov 11          |
| Laurel-Beltsville Senior Activity Ctr |   | laurelbeltsvilleseniors@pgparks.com |
| 17413-546A                            | 50 & up<br>1:15 - 2:30pm<br>\$82(R); \$107(NR)    | 12 classes<br>starts Sep 11         |
| 17413-546B                            | 50 & up<br>12:00 - 1:15pm<br>\$82(R); \$107(NR)   | 12 classes<br>starts Sep 14         |
| Suitland Community Center             |   | suitlandcc@pgparks.com              |
| 17413-581C                            | 18 & up<br>10:00 - 11:00am<br>\$32(R); \$42(NR)   | 10 classes<br>starts Aug 1          |

| Temple Hills Community Center   |   | templehillsc@pgparks.com    |
|---------------------------------|---|-----------------------------|
| 17413-582A                      | 18 & up<br>10:30 - 11:30am<br>\$27(R); \$36(NR) | 6 classes<br>starts Sep 11  |
| 17413-582B                      | 18 & up<br>10:30 - 11:30am<br>\$36(R); \$47(NR) | 8 classes<br>starts Oct 2   |
| 17413-582C                      | 18 & up<br>10:30 - 11:30am<br>\$41(R); \$54(NR) | 10 classes<br>starts Oct 30 |
| William Beanes Community Center |   | williambeanesc@pgparks.com  |
| 17413-591A                      | 18 & up<br>12:00 - 1:00pm<br>\$24(R); \$32(NR)  | 6 classes<br>starts Sep 11  |
| 17413-591B                      | 18 & up<br>12:00 - 1:00pm<br>\$32(R); \$42(NR)  | 8 classes<br>starts Oct 2   |
| 17413-591C                      | 18 & up<br>12:00 - 1:00pm<br>\$40(R); \$52(NR)  | 10 classes<br>starts Oct 30 |

Yoga: Adults, Beginner

You don't have to be a pretzel or rubber band to grasp yoga! The first stretch is your mind. Explore the many benefits of yoga including flexibility, improved muscle tone, injury prevention, mental awareness, and weight loss. You will learn basic yoga movements to boost overall health and wellness.

| Largo/Kettering/Perrywood Comm. Ctr. |  | largoketteringperrywoodcc@pgparks.com |
|--------------------------------------|--|---------------------------------------|
| 17412-545A                           | 18 & up<br>6:30 - 7:30pm<br>\$48(R); \$63(NR)  | 8 classes<br>starts Sep 11            |
| 17412-545B                           | 18 & up<br>6:30 - 7:30pm<br>\$36(R); \$47(NR)  | 6 classes<br>starts Nov 13            |
| Upper Marlboro Community Center      |  | uppermarlborocc@pgparks.com           |
| 17412-586A                           | 18 & up<br>9:30 - 10:30am<br>\$60(R); \$78(NR) | 10 classes<br>starts Sep 5            |
| 17412-586B                           | 18 & up<br>9:30 - 10:30am<br>\$60(R); \$78(NR) | 10 classes<br>starts Oct 10           |
| 17412-586C                           | 18 & up<br>9:30 - 10:30am<br>\$54(R); \$71(NR) | 10 classes<br>starts Nov 14           |

Zumba: Fitness, Adults

Get ready for the global dance fitness phenomena! Zumba is a fusion of Latin and International music. The use of multicultural dance themes create a dynamic and exciting total body fitness routine. Experience Zumba's benefits to your mood, heart, and dance skills!

| Beltsville Community Center |  | beltsvillecc@pgparks.com   |
|-----------------------------|--|----------------------------|
| 17414-505A                  | 18 & up<br>12:00 - 1:00pm<br>\$44(R); \$58(NR) | 7 classes<br>starts Sep 2  |
| 17414-505C                  | 18 & up<br>7:30 - 8:30pm<br>\$36(R); \$47(NR)  | 5 classes<br>starts Sep 19 |
| 17414-505E                  | 18 & up<br>7:30 - 8:30pm<br>\$36(R); \$47(NR)  | 5 classes<br>starts Sep 21 |
| 17414-505B                  | 18 & up<br>12:00 - 1:00pm<br>\$44(R); \$58(NR) | 6 classes<br>starts Oct 21 |
| 17414-505D                  | 18 & up<br>7:30 - 8:30pm<br>\$36(R); \$47(NR)  | 5 classes<br>starts Oct 31 |
| 17414-505F                  | 18 & up<br>7:30 - 8:30pm<br>\$36(R); \$47(NR)  | 5 classes<br>starts Nov 2  |

| College Park Community Center         |   | collegeparkcc@pgparks.com             |
|---------------------------------------|---|---------------------------------------|
| 17414-516A                            | 18 & up<br>7:00 - 8:00pm<br>\$40(R); \$52(NR)   | 12 classes<br>starts Sep 5            |
| 17414-516B                            | 18 & up<br>7:00 - 8:00pm<br>\$40(R); \$52(NR)   | 12 classes<br>starts Oct 17           |
| Fairland Sports Complex               |   | fairlandsports@pgparks.com            |
| 17414-523B                            | 18 & up<br>6:30 - 7:30pm<br>\$72(R); \$94(NR)   | 12 classes<br>starts Sep 5            |
| 17414-523A                            | 18 & up<br>9:00 - 10:00am<br>\$72(R); \$94(NR)  | 12 classes<br>starts Sep 11           |
| Glenn Dale Community Center           |   | glenndalecc@pgparks.com               |
| 17414-527C                            | 18 & up<br>7:15 - 8:15pm<br>\$57(R); \$75(NR)   | 12 classes<br>starts Sep 5            |
| 17414-527A                            | 18 & up<br>10:00 - 11:00am<br>\$30(R); \$39(NR) | 6 classes<br>starts Sep 9             |
| 17414-527D                            | 18 & up<br>7:15 - 8:15pm<br>\$57(R); \$75(NR)   | 20 classes<br>starts Oct 17           |
| 17414-527B                            | 18 & up<br>10:00 - 11:00am<br>\$30(R); \$39(NR) | 10 classes<br>starts Oct 21           |
| Lake Arbor Community Center           |   | lakearborcc@pgparks.com               |
| 17414-541A                            | 18 & up<br>6:30 - 7:30pm<br>\$50(R); \$65(NR)   | 8 classes<br>starts Sep 5             |
| 17414-541B                            | 18 & up<br>6:30 - 7:30pm<br>\$50(R); \$65(NR)   | 8 classes<br>starts Oct 10            |
| 17414-541C                            | 18 & up<br>6:30 - 7:30pm<br>\$50(R); \$65(NR)   | 8 classes<br>starts Nov 7             |
| Largo/Kettering/Perrywood Comm. Ctr.  |   | largoketteringperrywoodcc@pgparks.com |
| 17414-545A                            | 18 & up<br>7:00 - 8:00pm<br>\$42(R); \$55(NR)   | 7 classes<br>starts Sep 6             |
| 17414-545B                            | 18 & up<br>7:00 - 8:00pm<br>\$54(R); \$71(NR)   | 9 classes<br>starts Oct 2             |
| 17414-545C                            | 18 & up<br>7:00 - 8:00pm<br>\$54(R); \$71(NR)   | 9 classes<br>starts Nov 1             |
| Laurel-Beltsville Senior Activity Ctr |   | laurelbeltsvilleseniors@pgparks.com   |
| 17414-546C                            | 18 & up<br>1:15 - 2:15pm<br>\$52(R); \$68(NR)   | 6 classes<br>starts Sep 1             |
| 17414-546A                            | 18 & up<br>5:00 - 6:00pm<br>\$52(R); \$68(NR)   | 6 classes<br>starts Sep 6             |
| 17414-546D                            | 18 & up<br>1:15 - 2:15pm<br>\$52(R); \$68(NR)   | 6 classes<br>starts Oct 13            |
| 17414-546B                            | 18 & up<br>5:00 - 6:00pm<br>\$52(R); \$68(NR)   | 6 classes<br>starts Oct 18            |
| Palmer Park Community Center          |   | palmerparkcc@pgparks.com              |
| 17414-557B                            | 18 & up<br>2:00 - 3:00pm<br>\$20(R); \$26(NR)   | 4 classes<br>starts Oct 7             |
| 17414-557C                            | 18 & up<br>2:00 - 3:00pm<br>\$15(R); \$20(NR)   | 3 classes<br>starts Nov 4             |
| Peppermill Community Center           |   | peppermillcc@pgparks.com              |
| 17414-562A                            | 18 & up<br>6:30 - 7:30pm<br>\$50(R); \$65(NR)   | 11 classes<br>starts Sep 6            |
| 17414-562B                            | 18 & up<br>6:30 - 7:30pm<br>\$50(R); \$65(NR)   | 12 classes<br>starts Oct 16           |





**Prince George’s Plaza Community Ctr.**  
**princegeorgesplazacc@pgparks.com**

|                               |   |                           |
|-------------------------------|---|---------------------------|
| <b>17414-566A</b><br>Wed, Sat | 18 & up<br>7:00 - 8:00pm<br>\$30(R); \$39(NR) | 6 classes<br>starts Sep 6 |
| <b>17414-566B</b><br>Wed, Sat | 18 & up<br>7:00 - 8:00pm<br>\$40(R); \$52(NR) | 8 classes<br>starts Oct 4 |
| <b>17414-566C</b><br>Wed, Sat | 18 & up<br>7:00 - 8:00pm<br>\$40(R); \$52(NR) | 8 classes<br>starts Nov 1 |

**Southern Reg Tec & Rec Complex**    **techrec@pgparks.com**

|                               |   |                            |
|-------------------------------|---|----------------------------|
| <b>17414-577A</b><br>Mon, Wed | 18 & up<br>7:00 - 8:00pm<br>\$38(R); \$50(NR) | 6 classes<br>starts Sep 11 |
| <b>17414-577B</b><br>Mon, Wed | 18 & up<br>7:00 - 8:00pm<br>\$50(R); \$65(NR) | 8 classes<br>starts Oct 2  |
| <b>17414-577C</b><br>Mon, Wed | 18 & up<br>7:00 - 8:00pm<br>\$57(R); \$75(NR) | 9 classes<br>starts Nov 1  |

**Westphalia Community Center**  
**westphaliacc@pgparks.com**

|                               |   |                            |
|-------------------------------|---|----------------------------|
| <b>17414-590A</b><br>Tue, Thu | 18 & up<br>6:15 - 7:15pm<br>\$40(R); \$52(NR) | 8 classes<br>starts Sep 5  |
| <b>17414-590B</b><br>Tue, Thu | 18 & up<br>6:15 - 7:15pm<br>\$40(R); \$52(NR) | 8 classes<br>starts Oct 3  |
| <b>17414-590C</b><br>Tue, Thu | 18 & up<br>6:15 - 7:15pm<br>\$45(R); \$59(NR) | 9 classes<br>starts Oct 31 |

**Zumba: Toning, Adults**

Add more spice to your Zumba! Kick it up a notch beyond cardio exercises. In this course, students learn how to use lightweight, maraca-like toning sticks to enhance rhythm and tone all their target zones. We focus on arms, abs, and thighs. Sculpt your body and your self-confidence into a fitness powerhouse!

**Langley Park Community Center**  
**langleyparkcc@pgparks.com**

|                          |   |                           |
|--------------------------|---|---------------------------|
| <b>17417-543A</b><br>Sat | 18 & up<br>10:30 - 11:30am<br>\$30(R); \$39(NR) | 4 classes<br>starts Sep 2 |
| <b>17417-543B</b><br>Sat | 18 & up<br>10:30 - 11:30am<br>\$30(R); \$39(NR) | 4 classes<br>starts Oct 7 |
| <b>17417-543C</b><br>Sat | 18 & up<br>10:30 - 11:30am<br>\$30(R); \$39(NR) | 4 classes<br>starts Nov 4 |

**SENIORS**

**Aerobics: Seniors**

Stay active and proactive in maintaining good health. Aerobics is a great way to improve your oxygen capacity and to feel refreshed. Build endurance and flexibility. Enhance your fitness level. Register with us and enjoy moving to fun music which will give you joy.

**Cedar Heights Community Center**  
**cedarheightscc@pgparks.com**

|                          |   |                            |
|--------------------------|---|----------------------------|
| <b>17521-512A</b><br>Tue | 60 & up<br>10:00 - 11:00am<br>\$35(R); \$46(NR) | 6 classes<br>starts Sep 5  |
| <b>17521-512C</b><br>Thu | 60 & up<br>10:00 - 11:00am<br>\$35(R); \$46(NR) | 6 classes<br>starts Sep 7  |
| <b>17521-512B</b><br>Tue | 60 & up<br>10:00 - 11:00am<br>\$35(R); \$46(NR) | 6 classes<br>starts Oct 24 |
| <b>17521-512D</b><br>Thu | 60 & up<br>10:00 - 11:00am<br>\$35(R); \$46(NR) | 6 classes<br>starts Oct 26 |

**Balance & Stretch: Seniors**

Balance your workout routine while stretching the entire body. This workout is designed to improve flexibility training and reduced risk of injury.

**Laurel-Beltsville Senior Activity Ctr**  
**laurelbeltsvilleseniors@pgparks.com**

|                          |  |                            |
|--------------------------|--|----------------------------|
| <b>17543-546D</b><br>Tue | 60 & up<br>1:00 - 2:00pm<br>\$37(R); \$49(NR)  | 4 classes<br>starts Sep 5  |
| <b>17543-546A</b><br>Thu | 60 & up<br>9:30 - 10:30am<br>\$37(R); \$(NR)   | 4 classes<br>starts Sep 7  |
| <b>17543-546E</b><br>Tue | 60 & up<br>1:00 - 2:00pm<br>\$37(R); \$49(NR)  | 4 classes<br>starts Oct 3  |
| <b>17543-546B</b><br>Thu | 60 & up<br>9:30 - 10:30am<br>\$37(R); \$49(NR) | 4 classes<br>starts Oct 5  |
| <b>17543-546F</b><br>Tue | 60 & up<br>1:00 - 2:00pm<br>\$37(R); \$49(NR)  | 4 classes<br>starts Oct 31 |
| <b>17543-546C</b><br>Thu | 60 & up<br>9:30 - 10:30am<br>\$37(R); \$49(NR) | 5 classes<br>starts Nov 2  |

**Belly Dancing: Seniors**

Dance the exotic! Discover the beautiful and graceful art of belly dancing. Enjoy improved flexibility, upgraded core strength, and boosted self-confidence as you learn a basic stance along with moves for the hips and upper body. Sign up today and shimmy your way to fitness!

**Laurel-Beltsville Senior Activity Ctr**  
**laurelbeltsvilleseniors@pgparks.com**

|                          |   |                            |
|--------------------------|---|----------------------------|
| <b>17522-546A</b><br>Mon | 60 & up<br>4:00 - 5:00pm<br>\$45(R); \$(NR) | 6 classes<br>starts Sep 11 |
| <b>17522-546B</b><br>Mon | 60 & up<br>4:00 - 5:00pm<br>\$45(R); \$(NR) | 6 classes<br>starts Oct 23 |

**Chair Aerobics: Cycling**

Sit and still get fit! Suitable for anyone who wants the combination of stationary cycling and chair aerobics, we’ll help you tone and stretch. Get your legs moving and stay healthy longer. Register now as this is an active ride that will change your life.

**Hillcrest Heights Community Center**  
**hillcrestheightscc@pgparks.com**

|                               |   |                             |
|-------------------------------|---|-----------------------------|
| <b>17508-534C</b><br>Wed      | 60 & up<br>11:00am - 12:00pm<br>\$18(R); \$24(NR) | 6 classes<br>starts Sep 6   |
| <b>17508-534A</b><br>Mon, Fri | 60 & up<br>9:30 - 10:30am<br>\$30(R); \$39(NR)    | 10 classes<br>starts Sep 11 |
| <b>17508-534B</b><br>Mon, Fri | 60 & up<br>9:30 - 10:30am<br>\$36(R); \$47(NR)    | 12 classes<br>starts Oct 16 |
| <b>17508-534D</b><br>Wed      | 60 & up<br>11:00am - 12:00pm<br>\$21(R); \$28(NR) | 7 classes<br>starts Oct 18  |

**Chair Aerobics: Seniors**

Stay healthy longer! Designed to tone and stretch, this course includes a variety of exercises to keep your body vital while protecting the most vulnerable parts -- bones and joints. Improve your mood, self-confidence, awareness, and expand your social circles by joining this group exercise class.

**Bladensburg Community Center**  
**bladensburgcc@pgparks.com**

|                               |  |                            |
|-------------------------------|--|----------------------------|
| <b>17530-507A</b><br>Tue, Thu | 60 & up<br>9:00 - 10:00am<br>\$20(R); \$26(NR) | 8 classes<br>starts Sep 12 |
| <b>17530-507B</b><br>Tue, Thu | 60 & up<br>9:00 - 10:00am<br>\$20(R); \$26(NR) | 8 classes<br>starts Oct 17 |
| <b>17530-507C</b><br>Tue, Thu | 60 & up<br>9:00 - 10:00am<br>\$20(R); \$26(NR) | 8 classes<br>starts Nov 21 |

**Glenn Dale Community Center**  
**glenndalecc@pgparks.com**

|                          |   |                            |
|--------------------------|---|----------------------------|
| <b>17530-527A</b><br>Tue | 60 & up<br>10:00 - 11:00am<br>\$30(R); \$39(NR) | 6 classes<br>starts Sep 26 |
| <b>17530-527B</b><br>Tue | 60 & up<br>10:00 - 11:00am<br>\$30(R); \$39(NR) | 6 classes<br>starts Nov 14 |

**Lake Arbor Community Center**  
**lakearborcc@pgparks.com**

|                          |   |                            |
|--------------------------|---|----------------------------|
| <b>17530-541A</b><br>Mon | 60 & up<br>11:15am - 12:15pm<br>\$35(R); \$46(NR) | 4 classes<br>starts Sep 11 |
| <b>17530-541B</b><br>Mon | 60 & up<br>11:15am - 12:15pm<br>\$35(R); \$46(NR) | 4 classes<br>starts Oct 9  |
| <b>17530-541C</b><br>Mon | 60 & up<br>11:15am - 12:15pm<br>\$35(R); \$46(NR) | 4 classes<br>starts Nov 6  |

**Cycling Seniors Club Ride**

Cycling is a full body and mind exercise! Join the Park Rangers and the Cycling Seniors Cycle Club as we explore our beautiful Prince George’s County trails on two-wheels! Open to Prince George’s County residents ages 60 & better. Please bring your own bicycle and helmet. Contact Seniors@pgparks.com for more information.

**Bladensburg Waterfront Park**  
**countywidetrprograms@pgparks.com**

|                          |                                   |                          |
|--------------------------|-----------------------------------|--------------------------|
| <b>17549-578A</b><br>Wed | 60 & up<br>8:00 - 11:30am<br>Free | 1 class<br>starts Sep 13 |
|--------------------------|-----------------------------------|--------------------------|





Exercise: Seniors

Do you want to improve the quality of your life through physical activity? Let’s get moving! Staying active helps to keep your mind sharp and body strong. Join us for a fun, balanced, low impact exercise class. Make friends and boost your mood with other seniors excited about being healthy.

| Rollingcrest-Chillum Community Center<br>rollingcrestcc@pgparks.com |   |                             |
|---|---|-----------------------------|
| 17517-571D<br>Mon, Wed, Fri   | 60 & up<br>10:30 - 11:30am<br>\$20(R); \$26(NR)   | 12 classes<br>starts Sep 6  |
| 17517-571A<br>Mon, Wed, Fri   | 60 & up<br>9:00 - 10:00am<br>\$20(R); \$26(NR)    | 12 classes<br>starts Sep 6  |
| 17517-571E<br>Mon, Wed, Fri   | 60 & up<br>10:30 - 11:30am<br>\$20(R); \$26(NR)   | 12 classes<br>starts Oct 9  |
| 17517-571B<br>Mon, Wed, Fri   | 60 & up<br>9:00 - 10:00am<br>\$20(R); \$26(NR)    | 12 classes<br>starts Oct 9  |
| 17517-571F<br>Mon, Wed, Fri   | 60 & up<br>10:30 - 11:30am<br>\$20(R); \$26(NR)   | 12 classes<br>starts Nov 13 |
| 17517-571C<br>Mon, Wed, Fri   | 60 & up<br>9:00 - 10:00am<br>\$20(R); \$26(NR)    | 12 classes<br>starts Nov 13 |
| Southern Area Aquatics Rec Complex<br>saarc@pgparks.com             |   |                             |
| 17517-575A<br>Tue, Thu  | 60 & up<br>11:00am - 12:00pm<br>\$28(R); \$37(NR) | 8 classes<br>starts Sep 5   |
| 17517-575B<br>Tue, Thu  | 60 & up<br>11:00am - 12:00pm<br>\$28(R); \$37(NR) | 8 classes<br>starts Oct 3   |
| 17517-575C<br>Tue, Thu  | 60 & up<br>11:00am - 12:00pm<br>\$28(R); \$37(NR) | 9 classes<br>starts Nov 2   |

Fitness Boot Camp: Seniors

Designed with you in mind, this is a program of lesser intensity than a traditional exercise boot camp but as powerful in results. Extend your range of motion, lower blood pressure, maintain healthy weight, and elevate your mood in a supportive environment of seniors serious about good health.

| Southern Reg Tec & Rec Complex   techrec@pgparks.com          |   |                             |
|---|---|-----------------------------|
| 17511-577A<br>Tue, Thu  | 60 & up<br>10:00 - 11:00am<br>\$24(R); \$32(NR) | 8 classes<br>starts Sep 5   |
| 17511-577B<br>Tue, Thu  | 60 & up<br>10:00 - 11:00am<br>\$30(R); \$39(NR) | 10 classes<br>starts Oct 3  |
| 17511-577C<br>Tue, Thu  | 60 & up<br>10:00 - 11:00am<br>\$21(R); \$28(NR) | 8 classes<br>starts Nov 7   |
| William Beanes Community Center<br>williambeanesc@pgparks.com |   |                             |
| 17511-591A<br>Tue, Thu  | 60 & up<br>10:00 - 11:00am<br>\$32(R); \$42(NR) | 8 classes<br>starts Sep 5   |
| 17511-591B<br>Tue, Thu  | 60 & up<br>10:00 - 11:00am<br>\$32(R); \$42(NR) | 8 classes<br>starts Oct 3   |
| 17511-591C<br>Tue, Thu  | 60 & up<br>10:00 - 11:00am<br>\$36(R); \$47(NR) | 10 classes<br>starts Oct 31 |

Fitness Dance: Seniors

Dance your way to good health! Achieve the fitness level you’ve always wanted in a fun way. Enroll now and learn technically sound dance techniques while getting healthy. Discover many different styles of dance including culturally inspired forms. Heighten your self-confidence, build endurance, and increase flexibility. This is an exciting way to stay active!

| Hillcrest Heights Community Center<br>hillcrestheightscc@pgparks.com |   |                             |
|--|---|-----------------------------|
| 17512-534A<br>Mon, Fri   | 60 & up<br>11:00am - 12:00pm<br>\$24(R); \$32(NR) | 6 classes<br>starts Sep 11  |
| 17512-534B<br>Mon, Fri   | 60 & up<br>11:00am - 12:00pm<br>\$36(R); \$47(NR) | 8 classes<br>starts Oct 2   |
| 17512-534C<br>Mon, Fri   | 60 & up<br>11:00am - 12:00pm<br>\$30(R); \$39(NR) | 10 classes<br>starts Oct 30 |
| Southern Reg Tec & Rec Complex   techrec@pgparks.com                 |   |                             |
| 17512-577A<br>Thu  | 60 & up<br>10:00 - 11:00am<br>\$20(R); \$26(NR)   | 5 classes<br>starts Sep 7   |
| 17512-577B<br>Thu  | 60 & up<br>10:00 - 11:00am<br>\$24(R); \$32(NR)   | 6 classes<br>starts Oct 19  |

Fitness: Seniors, Intermediate

Exercise at your own pace! We offer this fun, medium paced, low-impact fitness class designed to help you reach and maintain good physical health. Build relationships, self-confidence, awareness, and lift your mood in this active course.

| Largo/Kettering/Perrywood Comm. Ctr.<br>largoketteringperrywoodcc@pgparks.com |   |                           |
|---|---|---------------------------|
| 17531-545A<br>Tue, Thu  | 60 & up<br>10:30 - 11:30am<br>\$48(R); \$63(NR) | 8 classes<br>starts Sep 5 |
| 17531-545B<br>Tue, Thu  | 60 & up<br>10:30 - 11:30am<br>\$48(R); \$63(NR) | 8 classes<br>starts Oct 3 |
| 17531-545C<br>Tue, Thu  | 60 & up<br>10:30 - 11:30am<br>\$42(R); \$55(NR) | 8 classes<br>starts Nov 7 |

Healthy Lifestyles

A leading aging association states that 80% of the U.S. senior population has at least one chronic disease. Beat the statistics and begin now to make choices toward a healthier lifestyle. More than physical fitness, this class provides education and social activities to enhance your quality of life. It’s not too late to get serious about wellness.

| Palmer Park Community Center<br>palmerparkcc@pgparks.com |  |                            |
|--|--|----------------------------|
| 17519-557D<br>Mon-Fri                                    | 60 & up<br>10:00am - 2:00pm<br>\$5(R); \$7(NR) | 5 classes<br>starts Oct 2  |
| 17519-557E<br>Mon-Fri                                    | 60 & up<br>10:00am - 2:00pm<br>\$5(R); \$7(NR) | 5 classes<br>starts Oct 9  |
| 17519-557F<br>Mon-Fri                                    | 60 & up<br>10:00am - 2:00pm<br>\$5(R); \$7(NR) | 5 classes<br>starts Oct 16 |
| 17519-557G<br>Mon-Fri                                    | 60 & up<br>10:00am - 2:00pm<br>\$5(R); \$7(NR) | 5 classes<br>starts Oct 23 |
| 17519-557H<br>Mon-Fri                                    | 60 & up<br>10:00am - 2:00pm<br>\$5(R); \$7(NR) | 5 classes<br>starts Oct 30 |
| 17519-557I<br>Mon-Fri                                    | 60 & up<br>10:00am - 2:00pm<br>\$5(R); \$7(NR) | 5 classes<br>starts Nov 6  |
| 17519-557J<br>Mon-Fri                                    | 60 & up<br>10:00am - 2:00pm<br>\$5(R); \$7(NR) | 5 classes<br>starts Nov 13 |

Personal Training: Seniors

What’s on the other side of your comfort zone? Get personal training with other seniors and perfect your fitness technique. This course is designed to concentrate on: various exercises, stretches, increased strength, elevated metabolism, and building endurance. As an added bonus, you’ll feel great, gain self-confidence, and move toward a healthier you.

| Laurel-Beltsville Senior Activity Ctr<br>laurelbeltsvilleseniors@pgparks.com |   |                           |
|--|---|---------------------------|
| 17513-546A<br>Mon, Wed   | 60 & up<br>1:00 - 2:00pm<br>\$37(R); \$(NR) | 8 classes<br>starts Sep 6 |
| 17513-546B<br>Mon, Wed   | 60 & up<br>1:00 - 2:00pm<br>\$37(R); \$(NR) | 8 classes<br>starts Oct 4 |
| 17513-546C<br>Mon, Wed   | 60 & up<br>1:00 - 2:00pm<br>\$37(R); \$(NR) | 8 classes<br>starts Nov 1 |

Senior Tabata with Weight Resistance

Strengthen and tone your muscles! Join us for this Senior Tabata with Weight Resistance class. Move at your own pace. You will learn trained modified weighted interval exercise routines to enhance muscle strength and weight loss. Participants will need to bring stretch bands and weightlifting gloves.

| Rollingcrest-Chillum Community Center<br>rollingcrestcc@pgparks.com |   |                            |
|---|---|----------------------------|
| 17545-571A<br>Tue, Thu  | 60 & up<br>10:00 - 11:00am<br>\$32(R); \$42(NR) | 8 classes<br>starts Sep 5  |
| 17545-571B<br>Tue, Thu  | 60 & up<br>10:00 - 11:00am<br>\$32(R); \$42(NR) | 8 classes<br>starts Oct 10 |
| 17545-571C<br>Tue, Thu  | 60 & up<br>10:00 - 11:00am<br>\$32(R); \$42(NR) | 8 classes<br>starts Nov 14 |

Stretching and Toning, Seniors

Want to remain limber but don’t know where to start? Stretch, flex, and tone with the use of resistance bands, tubing, and calisthenics! Develop muscle elasticity and joint mobility! Begin to relieve pain, improve balance, and awareness as we move toward better health!

| Prince George’s Plaza Community Ctr.<br>princegeorgesplazacc@pgparks.com |   |                            |
|--|---|----------------------------|
| 17501-566AA<br>Fri   | 60 & up<br>11:00am - 12:00pm<br>\$20(R); \$26(NR) | 4 classes<br>starts Sep 1  |
| 17501-566A<br>Tue, Thu   | 60 & up<br>11:00am - 12:00pm<br>\$30(R); \$39(NR) | 6 classes<br>starts Sep 5  |
| 17501-566B<br>Tue, Thu   | 60 & up<br>11:00am - 12:00pm<br>\$40(R); \$52(NR) | 8 classes<br>starts Oct 3  |
| 17501-566BB<br>Fri   | 60 & up<br>11:00am - 12:00pm<br>\$20(R); \$26(NR) | 4 classes<br>starts Oct 6  |
| 17501-566C<br>Tue, Thu   | 60 & up<br>11:00am - 12:00pm<br>\$40(R); \$52(NR) | 9 classes<br>starts Nov 2  |
| 17501-566CC<br>Fri   | 60 & up<br>11:00am - 12:00pm<br>\$20(R); \$26(NR) | 4 classes<br>starts Nov 3  |
| Suitland Community Center   suitlandcc@pgparks.com                       |   |                            |
| 17501-581A<br>Tue, Wed   | 60 & up<br>11:30am - 12:30pm<br>\$18(R); \$24(NR) | 11 classes<br>starts Sep 5 |
| 17501-581B<br>Tue  | 60 & up<br>11:30am - 12:30pm<br>\$21(R); \$28(NR) | 7 classes<br>starts Oct 17 |





Tai Chi: Seniors

Increase your inner peace! Non-competitive, self-paced, and relaxing, Tai Chi is an ancient art of exercise for balance, stretching, muscle tone, and flexibility. In this mind-body practice, as described by Harvard Health, we gain focus, move gently, usually in a small circular fashion, while breathing deeply. Tai Chi is adaptable to those with joint, muscle, and back problems.

| Laurel-Beltsville Senior Activity Ctr<br>laurelbeltsvilleseniors@pgparks.com |   |                             |
|--|---|-----------------------------|
| 17528-546A<br>Mon  | 60 & up<br>2:45 - 3:45pm<br>\$72(R); \$94(NR) | 12 classes<br>starts Sep 11 |

Weight Training: Seniors

Did you know that even minimal resistance exercises can rebuild muscle tissue? Use it or lose it! Sign up to learn proper resistance training. Build bone density, minimize the risk of osteoporosis, steady your balance, and maintain strength in this exciting class of weight training. Enjoy the benefits of feeling empowered and confident. If not now, when?

| Bladensburg Community Center<br>bladensburgcc@pgparks.com |  |                            |
|---|--|----------------------------|
| 17503-507A<br>Mon, Wed                                    | 60 & up<br>9:00 - 10:00am<br>\$25(R); \$33(NR) | 8 classes<br>starts Sep 4  |
| 17503-507B<br>Mon, Wed                                    | 60 & up<br>9:00 - 10:00am<br>\$25(R); \$33(NR) | 8 classes<br>starts Oct 9  |
| 17503-507C<br>Mon, Wed                                    | 60 & up<br>9:00 - 10:00am<br>\$25(R); \$33(NR) | 8 classes<br>starts Nov 13 |

Yoga: Seniors

Learn the value and feel the benefits of mind-body connection through Yoga! Designed especially for seniors, participants will learn poses and methods to increase muscular strength, endurance, and flexibility. Gain stamina, increased lung capacity, and overall wellness! Forward fold to keep fit, focused, and feeling good!

| Southern Area Aquatics Rec Complex<br>saarc@pgparks.com |   |                           |
|---|---|---------------------------|
| 17504-575A<br>Wed                                       | 60 & up<br>11:00am - 12:00pm<br>\$22(R); \$29(NR) | 4 classes<br>starts Sep 6 |
| 17504-575D<br>Wed                                       | 60 & up<br>12:30 - 1:30pm<br>\$22(R); \$29(NR)    | 4 classes<br>starts Sep 6 |
| 17504-575B<br>Wed                                       | 60 & up<br>11:00am - 12:00pm<br>\$22(R); \$29(NR) | 4 classes<br>starts Oct 4 |
| 17504-575E<br>Wed                                       | 60 & up<br>12:30 - 1:30pm<br>\$22(R); \$29(NR)    | 4 classes<br>starts Oct 4 |
| 17504-575C<br>Wed                                       | 60 & up<br>11:00am - 12:00pm<br>\$22(R); \$29(NR) | 4 classes<br>starts Nov 1 |
| 17504-575F<br>Wed                                       | 60 & up<br>12:30 - 1:30pm<br>\$22(R); \$29(NR)    | 4 classes<br>starts Nov 1 |

Zumba: Gold, Seniors

Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for those needing modifications in their exercise routine. Build cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.

| Southern Area Aquatics Rec Complex<br>saarc@pgparks.com |  |                           |
|---|--|---------------------------|
| 17529-575A<br>Tue, Thu                                  | 60 & up<br>12:30 - 1:30pm<br>\$28(R); \$37(NR) | 8 classes<br>starts Sep 5 |
| 17529-575B<br>Tue, Thu                                  | 60 & up<br>12:30 - 1:30pm<br>\$28(R); \$37(NR) | 8 classes<br>starts Oct 3 |
| 17529-575C<br>Tue, Thu                                  | 60 & up<br>12:30 - 1:30pm<br>\$28(R); \$37(NR) | 8 classes<br>starts Nov 7 |

MIXED AGES

Aerobics: Kickboxing, Mixed Ages

A combination of aerobics and kickboxing for an all-around workout.

| Bladensburg Community Center<br>bladensburgcc@pgparks.com |   |                            |
|---|---|----------------------------|
| 17656-507A<br>Thu   | 12 - 17yrs.<br>7:30 - 8:30pm<br>\$65(R); \$85(NR) | 9 classes<br>starts Oct 26 |

Aerobics: Mixed Ages, Bench Step

Step up to next level fitness! We have a full body workout, using a bench, waiting for you in the worldwide class phenomena known as Step Aerobics. Join the sensation while you improve cardiovascular health, gain core strength, and achieve an invigorated whole body. We'll keep the music high energy and encourage you to remain inspired toward reaching your goals.

| Glenn Dale Community Ctr<br>glenndalecc@pgparks.com |   |                             |
|---|---|-----------------------------|
| 17610-527A<br>Mon, Wed                              | 18 & up<br>6:15 - 7:15pm<br>\$65(R); \$85(NR) | 16 classes<br>starts Sep 11 |

Barre Above

Barre Above combines ballet, Pilates and yoga movements that will lengthen and strengthen your body and improve your flexibility and posture. Barre classes involve an element of ballet but does not require previous ballet or dance experience.

| Fairland Sports Complex<br>fairlandsports@pgparks.com |   |                            |
|---|---|----------------------------|
| 17601-523A<br>Thu                                     | 16 & up<br>6:30 - 7:30pm<br>\$72(R); \$94(NR) | 12 classes<br>starts Sep 7 |

| Good Luck Community Center<br>goodluckcc@pgparks.com |   |                            |
|--|---|----------------------------|
| 17601-529AA<br>Mon                                   | 16 & up<br>7:15 - 8:15pm<br>\$20(R); \$26(NR) | 4 classes<br>starts Sep 11 |
| 17601-529BB<br>Mon                                   | 16 & up<br>7:15 - 8:15pm<br>\$20(R); \$26(NR) | 4 classes<br>starts Oct 9  |

Chair Yoga

Take a seat and upgrade your health. If you thought yoga was out of reach, we have adapted this popular exercise using a chair. With this modification, seated participants gain extra balance and support. Enjoy the benefits of yoga including increased strength, enhanced flexibility, expanded breath control, and improved mood. Sign up today and Namaste!

| Lake Arbor Community Ctr<br>lakearborcc@pgparks.com |   |                           |
|---|---|---------------------------|
| 17658-541A<br>Wed                                   | 50 & up<br>10:30 - 11:30am<br>\$35(R); \$46(NR) | 4 classes<br>starts Sep 6 |
| 17658-541B<br>Wed                                   | 50 & up<br>10:30 - 11:30am<br>\$35(R); \$46(NR) | 4 classes<br>starts Oct 4 |
| 17658-541C<br>Wed                                   | 50 & up<br>10:30 - 11:30am<br>\$35(R); \$46(NR) | 4 classes<br>starts Nov 1 |

| Laurel-Beltsville Senior Activity Ctr<br>laurelbeltsvilleseniors@pgparks.com |   |                             |
|--|---|-----------------------------|
| 17658-546A<br>Mon  | 50 & up<br>12:05 - 1:05pm<br>\$82(R); \$107(NR) | 12 classes<br>starts Sep 11 |

| Westphalia Community Center<br>westphaliacc@pgparks.com |   |                           |
|---|---|---------------------------|
| 17658-590A<br>Thu                                       | 50 & up<br>11:00am - 12:00pm<br>\$20(R); \$26(NR) | 4 classes<br>starts Sep 7 |
| 17658-590B<br>Thu                                       | 50 & up<br>11:00am - 12:00pm<br>\$20(R); \$26(NR) | 4 classes<br>starts Oct 5 |
| 17658-590C<br>Thu                                       | 50 & up<br>11:00am - 12:00pm<br>\$20(R); \$26(NR) | 5 classes<br>starts Nov 2 |

Exercise: Mixed Ages

Do you want to improve the quality of your life through physical activity? Let's get moving! Staying active helps to keep your mind sharp and body strong. Join us for a fun, balanced, low impact exercise class. Make friends and boost your mood with other seniors excited about being healthy.

| T. Howard Duckett Park |   |                           |
|------------------------|---|---------------------------|
| 17690-520A<br>Wed      | 55 & up<br>10:00 - 11:00am<br>\$40(R); \$52(NR) | 8 classes<br>starts Sep 6 |

Fitness in the Parks

Fitness in the Parks is a FREE exercise program that provides a variety of fitness opportunities within parks and natural areas across Prince George's County! We invite you to find the class that best suits your fitness goals and to come discover the benefits of exercising in nature. Our Fitness in the Parks classes take place during the spring, summer, and fall. Classes are approximately one hour and are designed for all fitness levels.

| Camp Springs Senior Activity Center<br>wellness@pgparks.com |                                  |                           |
|---|----------------------------------|---------------------------|
| 17681-579B<br>Mon   | 13 & up<br>5:30 - 6:30pm<br>Free | 9 classes<br>starts Sep 4 |

| Fairwood Community Park<br>wellness@pgparks.com |                                  |                           |
|---|----------------------------------|---------------------------|
| 17681-579E<br>Fri                               | 13 & up<br>8:30 - 9:30am<br>Free | 8 classes<br>starts Sep 8 |

| Tucker Road Comm Park/Athletic Cmplx<br>wellness@pgparks.com |                                  |                           |
|--|----------------------------------|---------------------------|
| 17681-579A<br>Mon  | 13 & up<br>8:30 - 9:30am<br>Free | 9 classes<br>starts Sep 4 |

|                   |                                  |                           |
|-------------------|----------------------------------|---------------------------|
| 17681-579C<br>Wed | 13 & up<br>8:00 - 9:00am<br>Free | 8 classes<br>starts Sep 6 |
|-------------------|----------------------------------|---------------------------|

| Watkins Regional Park<br>wellness@pgparks.com |                                    |                           |
|---|------------------------------------|---------------------------|
| 17681-579G<br>Sat                             | 13 & up<br>10:00 - 11:00am<br>Free | 9 classes<br>starts Sep 2 |

|                   |                                  |                           |
|-------------------|----------------------------------|---------------------------|
| 17681-579D<br>Wed | 13 & up<br>5:30 - 6:30pm<br>Free | 8 classes<br>starts Sep 6 |
|-------------------|----------------------------------|---------------------------|

| Woodmore Towne Center Park<br>wellness@pgparks.com |                                  |                           |
|--|----------------------------------|---------------------------|
| 17681-579F<br>Sat                                  | 13 & up<br>8:00 - 9:00am<br>Free | 9 classes<br>starts Sep 2 |

Fitness: Variety

This isn't your garden variety exercise class! We have all the fun formats your body will love. Build your muscles, strengthen your heart, and improve your overall cardiovascular health. Sign up and experience, in one class, a variety of workout activities including kickboxing, resistance training, low impact aerobics, and much more.

| Vansville Community Center<br>vansvillecc@pgparks.com |  |                            |
|---|--|----------------------------|
| 17640-587A<br>Sat                                     | 16 & up<br>9:00 - 10:00am<br>\$30(R); \$39(NR) | 6 classes<br>starts Sep 9  |
| 17640-587B<br>Sat                                     | 16 & up<br>9:00 - 10:00am<br>\$30(R); \$39(NR) | 6 classes<br>starts Oct 21 |



Parkour in the Park: Mixed Ages

Come learn to jump, climb, balance, vault over objects, and play a few cool games with the Park Rangers and their mobile obstacle kit. Parkour is the practice of overcoming obstacles in an efficient manner with various movements that conserve your momentum and keep you flowing between obstacles. Come get a chance to learn Parkour in a friendly environment with a skilled instructor and meet people interested in training in the art just like you! All skill levels are welcome and all of the challenges presented in this program are scalable to your skill and comfort level, but expect one heck of a workout and to have fun doing it! For returning participants we can develop upon the skills that you have worked on before to help you progress further. Be sure to bring water and to wear comfortable athletic clothes & shoes. All participants under 16 will need to have a Parent/Guardian stay for the duration of the program. This is a family-friendly program and we promote the Parent/Guardian of the participant to take part in the activity at no extra charge (and the Parent/Guardian don't need to register separately).

| Southern Reg Tec & Rec Complex<br>parkrangers@mncppc.org |                  |              |
|--|------------------|--------------|
| 17657-559A   | 10 & up          | 1 class      |
| Sat  | 1:00 - 2:30pm    | starts Oct 7 |
|  | \$7(R); \$10(NR) |              |

Yoga in the Parks

Yoga in the Parks is a FREE yoga program where classes take place in the beautiful outdoors. Enjoy the peace and serenity of a yoga class in one of our many scenic parks! Classes are scheduled for one hour and are designed for all fitness levels. Yoga is an excellent form of exercise regardless of your age or practice level. It combines body movement, breathing, and mental relaxation while relieving stress. Learn basic moves to strengthen your body and increase your flexibility.

| Lake Artemesia Park    |                | wellness@pgparks.com |
|------------------------|----------------|----------------------|
| 17680-579C             | 13 & up        | 1 class              |
| Sat                    | 9:15 - 10:15am | starts Sep 2         |
|                        | Free           |                      |
| Marlton Community Park |                | wellness@pgparks.com |
| 17680-579D             | 13 & up        | 1 class              |
| Sat                    | 9:00 - 10:00am | starts Sep 2         |
|                        | Free           |                      |

Yoga: Mixed Ages, Beginner

Stretch toward your fitness goals! Learn basic yoga to improve health and flexibility through deep breathing and controlled stretching. Reduce stress, get better sleep, and build muscle stamina as you practice new or previously learned yoga skills.

| Glenn Dale Community Center<br>glenndalecc@pgparks.com |                   |               |
|--|-------------------|---------------|
| 17634-527AA  | 18 & up           | 4 classes     |
| Mon  | 10:15 - 11:15am   | starts Sep 25 |
|  | \$25(R); \$33(NR) |               |
| 17634-527BB  | 18 & up           | 4 classes     |
| Mon  | 10:15 - 11:15am   | starts Oct 30 |
|  | \$25(R); \$33(NR) |               |

Zumba Kids

Want to attend a-rockin', high energy dance party? Come to Zumba Kids Jr.! This is the workout that will develop your coordination, build your self-confidence and have you leave feeling great. We make the steps easy to follow, add games, fun activities, and you'll discover what is unique about other cultures. Exercise your body and your mind!

| Bowie Community Center |                 | bowiecc@pgparks.com |
|------------------------|-----------------|---------------------|
| 17635-509A             | 5 - 8yrs.       | 1 class             |
| Wed                    | 6:00 - 7:00pm   | starts Sep 20       |
|                        | \$6(R); \$8(NR) |                     |
| 17635-509B             | 5 - 8yrs.       | 1 class             |
| Wed                    | 6:00 - 7:00pm   | starts Oct 18       |
|                        | \$6(R); \$8(NR) |                     |
| 17635-509C             | 5 - 8yrs.       | 1 class             |
| Wed                    | 6:00 - 7:00pm   | starts Nov 15       |
|                        | \$6(R); \$8(NR) |                     |

Zumba: Fitness, Mixed Ages

Get ready for the global dance fitness phenomena! Zumba is a fusion of Latin and International music.The use of multicultural dance themes create a dynamic and exciting total body fitness routine. Experience Zumba's benefits to your mood, heart, and dance skills.

| Bladensburg Community Center<br>bladensburgcc@pgparks.com |                   |               |
|---|-------------------|---------------|
| 17621-507A  | 16 & up           | 4 classes     |
| Mon   | 7:00 - 8:00pm     | starts Sep 11 |
|   | \$20(R); \$26(NR) |               |
| 17621-507B  | 16 & up           | 4 classes     |
| Sat   | 7:00 - 8:00pm     | starts Sep 16 |
|   | \$20(R); \$26(NR) |               |
| 17621-507C  | 16 & up           | 4 classes     |
| Mon   | 7:00 - 8:00pm     | starts Oct 16 |
|   | \$20(R); \$26(NR) |               |
| 17621-507D  | 16 & up           | 4 classes     |
| Sat   | 10:00am - 8:00pm  | starts Oct 21 |
|   | \$20(R); \$26(NR) |               |
| 17621-507E  | 16 & up           | 4 classes     |
| Mon   | 10:00 - 11:00am   | starts Nov 20 |
|   | \$20(R); \$26(NR) |               |
| 17621-507F  | 16 & up           | 4 classes     |
| Sat   | 7:00 - 8:00pm     | starts Nov 25 |
|   | \$20(R); \$26(NR) |               |

| Bowie Community Center |                   | bowiecc@pgparks.com |
|------------------------|-------------------|---------------------|
| 17621-509A             | 13 & up           | 6 classes           |
| Wed                    | 6:30 - 7:30pm     | starts Sep 6        |
|                        | \$36(R); \$47(NR) |                     |
| 17621-509B             | 13 & up           | 6 classes           |
| Wed                    | 6:30 - 7:30pm     | starts Oct 18       |
|                        | \$36(R); \$47(NR) |                     |

| Good Luck Community Center<br>goodluckcc@pgparks.com |                   |               |
|--|-------------------|---------------|
| 17621-529AA  | 13 & up           | 8 classes     |
| Mon, Wed   | 9:15 - 10:15am    | starts Sep 11 |
|  | \$45(R); \$59(NR) |               |
| 17621-529DD  | 13 & up           | 4 classes     |
| Tue  | 7:00 - 8:00pm     | starts Sep 12 |
|  | \$20(R); \$26(NR) |               |
| 17621-529BB  | 13 & up           | 10 classes    |
| Mon, Wed   | 9:15 - 10:15am    | starts Oct 9  |
|  | \$40(R); \$52(NR) |               |
| 17621-529EE  | 13 & up           | 4 classes     |
| Tue  | 7:00 - 8:00pm     | starts Oct 10 |
|  | \$20(R); \$26(NR) |               |
| 17621-529FF  | 13 & up           | 4 classes     |
| Tue  | 7:00 - 8:00pm     | starts Nov 7  |
|  | \$25(R); \$33(NR) |               |
| 17621-529CC  | 13 & up           | 6 classes     |
| Mon, Wed   | 9:15 - 10:15am    | starts Nov 13 |
|  | \$50(R); \$65(NR) |               |

| Langley Park Community Center<br>langleyparkcc@pgparks.com |                   |              |
|--|-------------------|--------------|
| 17621-543A   | 13 & up           | 8 classes    |
| Mon, Wed   | 7:00 - 8:00pm     | starts Sep 4 |
|  | \$45(R); \$59(NR) |              |
| 17621-543B   | 13 & up           | 8 classes    |
| Mon, Wed   | 7:00 - 8:00pm     | starts Oct 9 |
|  | \$45(R); \$59(NR) |              |
| 17621-543C   | 13 & up           | 8 classes    |
| Mon, Wed   | 7:00 - 8:00pm     | starts Nov 6 |
|  | \$45(R); \$59(NR) |              |

| Rollingcrest-Chillum Community Center<br>rollingcrestcc@pgparks.com |                   |              |
|---|-------------------|--------------|
| 17621-571A  | 16 & up           | 8 classes    |
| Mon, Wed  | 6:30 - 7:30pm     | starts Sep 6 |
|   | \$34(R); \$45(NR) |              |
| 17621-571B  | 16 & up           | 8 classes    |
| Mon, Wed  | 6:30 - 7:30pm     | starts Oct 4 |
|   | \$34(R); \$45(NR) |              |
| 17621-571C  | 16 & up           | 8 classes    |
| Mon, Wed  | 6:30 - 7:30pm     | starts Nov 6 |
|   | \$34(R); \$45(NR) |              |

| South Bowie Community Center<br>southbowiecc@pgparks.com |                   |               |
|--|-------------------|---------------|
| 17621-574A   | 13 & up           | 8 classes     |
| Wed  | 6:45 - 7:45pm     | starts Sep 6  |
|  | \$50(R); \$65(NR) |               |
| 17621-574C   | 13 & up           | 8 classes     |
| Sat  | 10:00 - 11:00am   | starts Sep 9  |
|  | \$50(R); \$65(NR) |               |
| 17621-574B   | 13 & up           | 4 classes     |
| Wed  | 6:45 - 7:45pm     | starts Nov 8  |
|  | \$25(R); \$33(NR) |               |
| 17621-574D   | 13 & up           | 4 classes     |
| Sat  | 10:00 - 11:00am   | starts Nov 11 |
|  | \$25(R); \$33(NR) |               |

| Upper Marlboro Community Center<br>uppermarlborocc@pgparks.com |                   |               |
|--|-------------------|---------------|
| 17621-586A   | 13 & up           | 6 classes     |
| Sat  | 9:30 - 10:30am    | starts Sep 2  |
|  | \$36(R); \$47(NR) |               |
| 17621-586B   | 13 & up           | 7 classes     |
| Sat  | 9:30 - 10:30am    | starts Oct 14 |
|  | \$42(R); \$55(NR) |               |

Historical Events

MIXED AGES

History Program

Fast forward history! Explore the past and see how empowering it is for the present age. Engage with local history through lecture series, discussions, demonstrations, artifacts, and more. Become inspired by what you learn. Check with the offering facility to discover the topic and for more event details.

| Bladensburg Waterfront Park<br>bladensburgwp@pgparks.com |                 |               |
|--|-----------------|---------------|
| 18601-508A   | 8 & up          | 1 class       |
| Sat  | 1:00 - 2:30pm   | starts Nov 18 |
|  | \$5(R); \$7(NR) |               |

Lifestyle & Learning

ADULTS

Spanish: Adults, Beginner

In this introductory Spanish course, empower yourself to speak conversationally to neighbors, develop a useful work skill, and start the process of becoming fluent. As an added benefit, physiological studies show that people who speak more than one language have better brains! Some of those benefits include better problem solving and negotiating skills. Take this course and get all the benefits of learning the beautiful language of Spanish!

| Laurel-Beltville Senior Activity Ctr<br>laurelbeltsvilleseniors@pgparks.com |                   |               |
|---|-------------------|---------------|
| 20422-546B  | 18 & up           | 8 classes     |
| Sat   | 9:00 - 10:30am    | starts Sep 9  |
|   | \$60(R); \$78(NR) |               |
| 20422-546A  | 18 & up           | 8 classes     |
| Mon   | 5:00 - 6:30pm     | starts Sep 11 |
|   | \$60(R); \$78(NR) |               |

SENIORS

Self-Defense: Seniors

Seniors often become targets of violence and crime. Join us to learn how to protect yourself, your home, and your vehicles. What to look out for on the street, how to defend yourself, and how to protect yourself from those who try to take advantage of you.

| Bladensburg Community Center<br>bladensburgcc@pgparks.com |                   |               |
|---|-------------------|---------------|
| 20510-507A  | 60 & up           | 9 classes     |
| Sat   | 1:00 - 2:00pm     | starts Oct 14 |
|   | \$50(R); \$65(NR) |               |

MIXED AGES

Academic Enrichment: STEAM, Mixed Ages

Cultivate youth to embrace STEAM as a potential future career through a 'growth mindset' model. Build reflective problem solving, creative and critical thinking behaviors. Engage students in complex and rich interdisciplinary STEAM (Science, Technology, Engineering, Art and Mathematics) content which nurtures spatial reasoning skills. Embed STEAM background knowledge through real world authentic tasks designed to support self-efficacy through a growth mindset.

| Berwyn Heights Community Center<br>berwynheightscc@pgparks.com |                   |               |
|--|-------------------|---------------|
| 20617-506C   | 10 - 14yrs.       | 3 classes     |
| Sat  | 10:00am - 12:00pm | starts Nov 4  |
|  | \$40(R); \$52(NR) |               |
| Berwyn Heights Elementary School                               |                   |               |
| 20617-506BB  | 6 - 17yrs.        | 1 class       |
| Tue  | 5:00 - 7:00pm     | starts Sep 5  |
|  | \$20(R); \$26(NR) |               |
| 20617-506CC  | 6 - 17yrs.        | 1 class       |
| Fri  | 5:00 - 7:00pm     | starts Sep 8  |
|  | \$30(R); \$39(NR) |               |
| 20617-506AA  | 6 - 17yrs.        | 1 class       |
| Mon  | 5:00 - 7:00pm     | starts Sep 11 |
|  | \$20(R); \$26(NR) |               |
| 20617-506DD  | 6 - 17yrs.        | 1 class       |
| Mon  | 5:00 - 7:00pm     | starts Sep 11 |
|  | \$30(R); \$39(NR) |               |
| 20617-506EE  | 6 - 17yrs.        | 1 class       |
| Tue  | 5:00 - 7:00pm     | starts Sep 12 |
|  | \$30(R); \$39(NR) |               |
| 20617-506FF  | 6 - 17yrs.        | 1 class       |
| Wed  | 5:00 - 7:00pm     | starts Sep 13 |
|  | \$30(R); \$39(NR) |               |
| 20617-506GG  | 6 - 14yrs.        | 1 class       |
| Thu  | 5:00 - 7:00pm     | starts Sep 14 |
|  | \$30(R); \$39(NR) |               |
| 20617-506HH  | 6 - 15yrs.        | 1 class       |
| Fri  | 5:00 - 7:00pm     | starts Sep 15 |
|  | \$20(R); \$26(NR) |               |
| 20617-506JJ  | 6 - 14yrs.        | 1 class       |
| Mon  | 5:00 - 7:00pm     | starts Sep 18 |
|  | \$30(R); \$39(NR) |               |



# Martial Arts

## PRE-SCHOOLERS

### Tae Kwon Do: Pre-Schoolers

Kickstart your child’s physical activity and confidence with Tai Kwon Do! This Korean form of self-defense promotes self-confidence, fitness, and self-control through its emphasis on mental discipline. Give them the building blocks for character development and self-awareness in the supportive environment of this martial art.

| Bladensburg Community Center<br>bladensburgcc@pgparks.com |                  |   |
|---|------------------|---|
| 21101-507A  | 3 - 5yrs.<br>Sat | 8 classes<br>9:30 - 10:30am<br>starts Oct 21<br>\$65(R); \$85(NR) |

### Tae Kwon Do: Pre-Schoolers, Advanced

Raise confident children destined to become leaders and not followers! Enroll your young one in the traditional martial art of Tae Kwon Do to develop your child’s mind and body. Learn skills in kicking, punching, katas (forms), weapons, sparring, and street smarts. Understand how to deal with bullying and other threatening situations. Prerequisite: Successful completion of introductory (beginner) Pre-school Tae Kwon Do Course.

| Bladensburg Community Center<br>bladensburgcc@pgparks.com |                  |  |
|---|------------------|--|
| 21103-507A  | 3 - 5yrs.<br>Sat | 8 classes<br>10:30 - 11:30am<br>starts Oct 21<br>\$65(R); \$85(NR) |

## CHILDREN

### Judo: Children, Beginner

An introduction to basic judo fundamentals and techniques including falling, rolling, and grappling.

| College Park Community Center<br>collegeparkcc@pgparks.com |                        |   |
|--|------------------------|---|
| 21205-516A   | 6 - 12yrs.<br>Tue, Thu | 16 classes<br>6:00 - 8:00pm<br>starts Sep 12<br>\$35(R); \$46(NR) |
| 21205-516AA  | 6 - 12yrs.<br>Tue, Thu | 15 classes<br>6:00 - 8:00pm<br>starts Nov 7<br>\$35(R); \$46(NR)  |

### Judo: Children, Intermediate

Prerequisite: Judo for beginners. Instruction on more difficult skills.

| College Park Community Center<br>collegeparkcc@pgparks.com |                        |   |
|--|------------------------|---|
| 21206-516A   | 6 - 12yrs.<br>Tue, Thu | 16 classes<br>6:00 - 8:00pm<br>starts Sep 12<br>\$35(R); \$46(NR) |
| 21206-516AA  | 6 - 12yrs.<br>Tue, Thu | 15 classes<br>6:00 - 8:00pm<br>starts Nov 7<br>\$35(R); \$46(NR)  |

### Tae Kwon Do: Children

This Korean martial arts program teaches self-defense, fitness, and self-control through its emphasis on mental discipline through various levels. Contact the offering facility for specifics on levels taught.

| Bladensburg Community Center<br>bladensburgcc@pgparks.com            |                        |  |
|--|------------------------|--|
| 21201-507B   | 6 - 12yrs.<br>Sat      | 9 classes<br>10:30 - 11:30am<br>starts Oct 14<br>\$65(R); \$85(NR) |
| 21201-507A   | 6 - 12yrs.<br>Sat      | 9 classes<br>9:30 - 10:30am<br>starts Oct 14<br>\$65(R); \$85(NR)  |
| Hillcrest Heights Community Center<br>hillcrestheightscc@pgparks.com |                        |  |
| 21201-534A   | 6 - 12yrs.<br>Mon, Wed | 10 classes<br>6:30 - 7:30pm<br>starts Sep 11<br>\$43(R); \$56(NR)  |
| 21201-534B   | 6 - 12yrs.<br>Mon, Wed | 10 classes<br>6:30 - 7:30pm<br>starts Oct 23<br>\$43(R); \$56(NR)  |

### Tang Soo Do: Children

Learn the Tang Soo Do method of karate. Learn deep breathing techniques, coordination, flexibility, listening skills, and more in this fun, active self-defense class.

| Kentland Community Center<br>kentlandcc@pgparks.com |                        |  |
|---|------------------------|--|
| 21202-540A  | 6 - 12yrs.<br>Tue, Thu | 6 classes<br>6:30 - 7:45pm<br>starts Sep 12<br>\$60(R); \$78(NR) |
| 21202-540B  | 6 - 12yrs.<br>Tue, Thu | 6 classes<br>6:30 - 7:45pm<br>starts Oct 10<br>\$50(R); \$65(NR) |
| 21202-540C  | 6 - 12yrs.<br>Tue, Thu | 4 classes<br>6:30 - 7:45pm<br>starts Nov 7<br>\$40(R); \$52(NR)  |

### TKA Karate: Beginner

A beginner’s level for Tompkins Karate.

| Good Luck Community Center<br>goodluckcc@pgparks.com |                   |   |
|--|-------------------|---|
| 21203-529AA  | 6 - 12yrs.<br>Thu | 10 classes<br>6:00 - 7:00pm<br>starts Sep 14<br>\$60(R); \$78(NR) |

### TKA Karate: Intermediate

Further develop karate skills through Tompkins Karate.

| Good Luck Community Center<br>goodluckcc@pgparks.com |                   |   |
|--|-------------------|---|
| 21204-529AA  | 6 - 12yrs.<br>Thu | 10 classes<br>7:00 - 8:00pm<br>starts Sep 14<br>\$60(R); \$78(NR) |

## TEENS

### Judo: Teens, Beginner

An introduction to judo fundamentals and techniques including falling, rolling methods, and grappling.

| College Park Community Center<br>collegeparkcc@pgparks.com |                         |   |
|--|-------------------------|---|
| 21301-516A   | 13 - 17yrs.<br>Tue, Thu | 16 classes<br>6:00 - 8:00pm<br>starts Sep 12<br>\$35(R); \$46(NR) |
| 21301-516AA  | 13 - 17yrs.<br>Tue, Thu | 15 classes<br>6:00 - 8:00pm<br>starts Nov 7<br>\$35(R); \$46(NR)  |

### Judo: Teens, Intermediate

An introduction to judo fundamentals and techniques including falling, rolling methods, and grappling.

| College Park Community Center<br>collegeparkcc@pgparks.com |                         |   |
|--|-------------------------|---|
| 21302-516A   | 13 - 17yrs.<br>Tue, Thu | 16 classes<br>6:00 - 8:00pm<br>starts Sep 12<br>\$35(R); \$46(NR) |
| 21302-516AA  | 13 - 17yrs.<br>Tue, Thu | 15 classes<br>6:00 - 8:00pm<br>starts Nov 7<br>\$35(R); \$46(NR)  |

## ADULTS

### Aikido: Adults

Did you know Aikido loosely means a way of adapting the spirit? Grounded in the samurai code of honor, this Japanese, non-competitive martial art does not focus on punching and kicking, but on using an opponent’s energy against them. Engage your senses in this cooperative culture of martial arts as you build self-confidence, develop character, and master new skills.

| College Park Community Center<br>collegeparkcc@pgparks.com |                     |   |
|--|---------------------|---|
| 21401-516A   | 18 & up<br>Mon, Wed | 12 classes<br>7:30 - 9:00pm<br>starts Oct 2<br>\$65(R); \$85(NR)  |
| 21401-516BB  | 18 & up<br>Mon, Wed | 12 classes<br>7:30 - 9:00pm<br>starts Nov 13<br>\$65(R); \$85(NR) |

| Prince George’s Plaza Community Ctr.<br>princegeorgesplazacc@pgparks.com |                     |  |
|--|---------------------|--|
| 21401-566A   | 18 & up<br>Wed, Sat | 16 classes<br>6:45 - 8:45pm<br>starts Sep 6<br>\$100(R); \$130(NR) |
| 21401-566B   | 18 & up<br>Wed, Sat | 16 classes<br>6:45 - 8:45pm<br>starts Nov 1<br>\$100(R); \$130(NR) |

### Japanese Karate: Adult, All Levels

Strengthen both body and mind! Studied internationally in 20 countries, Itosu-Kai is a traditional style of Japanese Karate focusing on self-defense and character development. Gain physical skills, increase stamina, and develop self-discipline while learning to overcome challenges and limitations both physical and mental. Training includes Kihon (basics), Kata (forms), and Kumite (controlled sparring). From the beginner through advanced student, testing is done periodically for participants seeking to progress from White Belt to Black Belt.

| Glenn Dale Community Ctr<br>glenndalecc@pgparks.com   |                     |   |
|---|---------------------|---|
| 21407-527A  | 18 & up<br>Fri      | 6 classes<br>7:00 - 8:00pm<br>starts Sep 22<br>\$36(R); \$47(NR)  |
| Southern Reg Tec & Rec Complex<br>techrec@pgparks.com |                     |   |
| 21407-577A  | 18 & up<br>Mon, Wed | 16 classes<br>7:00 - 8:00pm<br>starts Sep 6<br>\$96(R); \$125(NR) |
| 21407-577B  | 18 & up<br>Mon, Wed | 13 classes<br>7:00 - 8:00pm<br>starts Nov 1<br>\$78(R); \$102(NR) |

### Judo: Adults, Beginner

Looking to improve your reaction time, coordination, endurance, and agility? Well Judo may be the sport of you. In this introductory course, students will learn the fundamentals of the sport. Students will learn to apply the use of balance, leverage, and momentum against opponents. Develop character and confidence while building strength, speed, and coordination.

| Beltsville Community Center<br>beltsvillecc@pgparks.com    |                     |   |
|--|---------------------|---|
| 21403-505A   | 18 & up<br>Tue, Thu | 16 classes<br>7:30 - 8:30pm<br>starts Sep 5<br>\$40(R); \$52(NR)  |
| College Park Community Center<br>collegeparkcc@pgparks.com |                     |   |
| 21403-516A   | 18 & up<br>Tue, Thu | 16 classes<br>6:00 - 8:00pm<br>starts Sep 12<br>\$35(R); \$46(NR) |
| 21403-516AA  | 18 & up<br>Tue, Thu | 16 classes<br>6:00 - 8:00pm<br>starts Nov 7<br>\$35(R); \$46(NR)  |

### Judo: Adults, Intermediate

Keep the momentum going! You’ve fought your way through strangleholds, chokeholds, and pinning techniques but now you’re ready for more. Join us as we continue to develop those Judo skills, character, and confidence in this intermediate level course. You’re on your way to a belt!

| College Park Community Center<br>collegeparkcc@pgparks.com |                     |   |
|--|---------------------|---|
| 21404-516A   | 18 & up<br>Tue, Thu | 16 classes<br>6:00 - 8:00pm<br>starts Sep 12<br>\$35(R); \$46(NR) |
| 21404-516AA  | 18 & up<br>Tue, Thu | 15 classes<br>6:00 - 8:00pm<br>starts Nov 7<br>\$35(R); \$46(NR)  |

### Judo: Adults, Advanced

Showcase your skills in the ways of judo while sharpening your reaction time, endurance, and agility. Students will use their experience and knowledge of the sport and learn to apply the use of balance, leverage, and momentum against opponents. Develop character and confidence while building strength, speed, and coordination.

| Beltsville Community Center<br>beltsvillecc@pgparks.com |                     |  |
|---|---------------------|--|
| 21411-505A  | 18 & up<br>Tue, Thu | 16 classes<br>6:30 - 7:30pm<br>starts Sep 5<br>\$40(R); \$52(NR) |

### Karate: Adults, Beginner

Learn this ancient form of self-defense and fighting in our basic level karate course. You will gain self-confidence, learn fighting skill sets, improve stamina, quicken reflexes, improve coordination, and tone your physique. Get fit and empowered as you build relationships with learners new to this sport!

| Langley Park Community Center<br>langleyparkcc@pgparks.com |                |  |
|--|----------------|--|
| 21405-543A   | 18 & up<br>Sun | 11 classes<br>1:30 - 3:30pm<br>starts Sep 10<br>\$98(R); \$128(NR) |

### Martial Arts: Kickboxing

Get ready to get your heart pumping while kickboxing! Kickboxing is a broad combative term that encompasses any martial art that uses the hands and feet during competition, but may also include the usage of knee strikes, elbow strikes, sweeps, and clinching techniques. The Ramblers Kickboxing class is not just the aerobic activity known as “cardio kickboxing,” it’s also a full-fledged martial arts class that keeps you active.

| Bladensburg Community Center<br>bladensburgcc@pgparks.com |                |  |
|---|----------------|--|
| 21410-507A  | 18 & up<br>Thu | 9 classes<br>7:30 - 8:30pm<br>starts Oct 26<br>\$65(R); \$85(NR) |

### Self-Defense: Women

You have the power to fight back! Register today for a self-defense class designed for women. In a casual, hands-on environment, apply martial arts skills useful in everyday life. Gain techniques to avoid threatening situations and harm. Condition your body and use our methods to protect yourself. Build a foundation of self-confidence, strength, and perseverance. Be ready and don’t be a victim.

| Westphalia Community Center<br>westphaliacc@pgparks.com |                |   |
|---|----------------|---|
| 21406-590C  | 18 & up<br>Wed | 10 classes<br>6:15 - 7:15pm<br>starts Sep 13<br>\$35(R); \$46(NR) |

### Tae Kwon Do: Adults

This Korean martial arts program teaches self-defense, fitness, and self-control through its emphasis on mental discipline through various levels. Contact the offering facility for specifics on levels taught.

| Bladensburg Community Center<br>bladensburgcc@pgparks.com |                |   |
|---|----------------|---|
| 21402-507A  | 18 & up<br>Sat | 9 classes<br>12:00 - 1:00pm<br>starts Oct 14<br>\$65(R); \$85(NR) |



MIXED AGES

Japanese Karate: Mixed Ages, Beginner

Learn a traditional style of Japanese Karate, Itosu-Kai. Class includes Kihon (basics), Kata (forms), and Kumite (controlled sparring). Emphasis on self-control, etiquette, and concentration skills, as well as developing technical skill. Beginner level (White Belt through Yellow 2 Stripe). Testing is done periodically.

| Fort Washington Forest Comm Center<br>fortwashingtoncc@pgparks.com |   |                            |
|--|---|----------------------------|
| 21623-524A<br>Mon, Wed   | 6 - 17yrs.<br>3:00 - 4:00pm<br>\$96(R); \$125(NR) | 16 classes<br>starts Sep 6 |
| 21623-524B<br>Mon, Wed   | 6 - 17yrs.<br>3:00 - 4:00pm<br>\$78(R); \$102(NR) | 13 classes<br>starts Nov 1 |
| Southern Reg Tec & Rec Complex    techrec@pgparks.com              |   |                            |
| 21623-577A<br>Mon, Wed   | 6 - 17yrs.<br>5:00 - 6:00pm<br>\$96(R); \$125(NR) | 16 classes<br>starts Sep 6 |
| 21623-577B<br>Mon, Wed   | 6 - 17yrs.<br>5:00 - 6:00pm<br>\$78(R); \$102(NR) | 13 classes<br>starts Nov 1 |

Japanese Karate: Mixed Ages Intermediate/Advanced

Continuation of learning a traditional style of Japanese Karate, Itosu-Kai. Class includes Kihon (basics), Kata (forms), and Kumite (controlled sparring). Intermediate/Advanced Level (Purple Belt minimum). Emphasis on furthering technical skill, gaining more knowledge of Itosu-Kai system, and progressing into advanced level techniques. Testing is done periodically.

| Southern Reg Tec & Rec Complex    techrec@pgparks.com |   |                            |
|---|---|----------------------------|
| 21624-577A<br>Mon, Wed                                | 6 - 17yrs.<br>6:00 - 7:00pm<br>\$96(R); \$125(NR) | 16 classes<br>starts Sep 6 |
| 21624-577B<br>Mon, Wed                                | 6 - 17yrs.<br>6:00 - 7:00pm<br>\$78(R); \$102(NR) | 13 classes<br>starts Nov 1 |

Japanese Karate: Mixed Ages, All Levels

Learn a traditional style of Japanese Karate, Itosu-Kai. Class includes Kihon (basics), Kata (forms), and Kumite (controlled sparring). Emphasis on self-defense, overcoming limitations, and character development. Anyone can learn and make progress. Beginner through advanced. Testing is done periodically. Students progress from white belt to black belt.

| Glenn Dale Community Center<br>glenndalecc@pgparks.com |   |                            |
|--|---|----------------------------|
| 21601-527A<br>Fri                                      | 5 - 12yrs.<br>5:00 - 6:00pm<br>\$36(R); \$47(NR)  | 6 classes<br>starts Sep 22 |
| 21601-527B<br>Fri                                      | 12 - 17yrs.<br>6:00 - 7:00pm<br>\$36(R); \$47(NR) | 6 classes<br>starts Sep 22 |

Judo: Families, Beginner

Course provides a basic introduction to Judo fundamentals.

| College Park Community Center<br>collegeparkcc@pgparks.com |  |                             |
|--|--|-----------------------------|
| 21602-516A<br>Tue, Thu                                     | 5 & up<br>6:00 - 8:00pm<br>\$25(R); \$33(NR) | 16 classes<br>starts Sep 12 |
| 21602-516AA<br>Tue, Thu                                    | 5 & up<br>6:00 - 8:00pm<br>\$25(R); \$33(NR) | 15 classes<br>starts Nov 7  |

Judo: Mixed Ages, Beginner

Course provides a basic introduction to Judo fundamentals.

| Beltsville Community Center    beltsvillecc@pgparks.com |  |                            |
|---|--|----------------------------|
| 21603-505A<br>Tue, Thu                                  | 5 - 17yrs.<br>6:30 - 7:30pm<br>\$40(R); \$52(NR) | 16 classes<br>starts Sep 5 |

Judo: Mixed Ages, Intermediate

Keep the momentum going! You’ve fought your way through strangleholds, chokeholds, and pinning techniques but now you’re ready for more. Join us as we continue to develop those Judo skills, character, and confidence in this intermediate level course. You’re on your way to a belt!

| Beltsville Community Center    beltsvillecc@pgparks.com |  |                            |
|---|--|----------------------------|
| 21604-505A<br>Tue, Thu                                  | 5 & up<br>7:30 - 8:30pm<br>\$40(R); \$52(NR) | 16 classes<br>starts Sep 5 |

Karate: Mixed Ages, Beginner

Enjoy this ancient form of self-defense and fighting. Learn basic karate moves and techniques. Karate will: build your self-confidence, fighting skills, stamina, reflex reactions, improve coordination, and give you a toned physique. Get fit and empowered as you build relationships with learners new to this sport!

| Kentland Community Center    kentlandcc@pgparks.com |   |                            |
|---|---|----------------------------|
| 21605-540A<br>Tue, Thu                              | 13 & up<br>6:30 - 8:00pm<br>\$60(R); \$78(NR) | 6 classes<br>starts Sep 12 |
| 21605-540B<br>Tue, Thu                              | 13 & up<br>6:30 - 8:00pm<br>\$60(R); \$78(NR) | 6 classes<br>starts Oct 10 |
| 21605-540C<br>Tue, Thu                              | 13 & up<br>6:30 - 8:30pm<br>\$25(R); \$33(NR) | 4 classes<br>starts Nov 7  |

| Lake Arbor Community Center<br>lakearborcc@pgparks.com |   |                            |
|--|---|----------------------------|
| 21605-541A<br>Sat                                      | 5 - 12yrs.<br>10:00 - 11:00am<br>\$80(R); \$104(NR)   | 8 classes<br>starts Sep 2  |
| 21605-541AA<br>Sat                                     | 5 - 12yrs.<br>11:00am - 12:00pm<br>\$80(R); \$104(NR) | 8 classes<br>starts Sep 2  |
| 21605-541B<br>Sat                                      | 5 - 12yrs.<br>10:00 - 11:00am<br>\$80(R); \$104(NR)   | 5 classes<br>starts Oct 28 |
| 21605-541AB<br>Sat                                     | 5 - 12yrs.<br>11:00am - 12:00pm<br>\$80(R); \$104(NR) | 5 classes<br>starts Oct 28 |

| Langley Park Community Center<br>langleyparkcc@pgparks.com |   |                             |
|--|---|-----------------------------|
| 21605-543A<br>Mon  | 5 - 13yrs.<br>6:00 - 7:00pm<br>\$98(R); \$128(NR) | 11 classes<br>starts Sep 11 |

Okinawan Karate: Beginner

The secret is out! With influences from Japanese, Chinese, and Southeast Asian cultures, Okinawan karate was privately practiced by fighting masters until the early 20th Century. This combative style of karate emphasizes natural body movements to develop coordination and balance while learning self-defense using open hands and weaponless fighting. Develop the skills and self-awareness needed to begin mastery of this ancient martial art!

| Prince George’s Sports & Learn Cmplx<br>splex@pgparks.com |   |                           |
|---|---|---------------------------|
| 21614-568A<br>Wed   | 7 & up<br>6:45 - 7:45pm<br>\$70(R); \$91(NR); \$53(IA)  | 4 classes<br>starts Sep 6 |
| 21614-568B<br>Sat   | 7 & up<br>9:30 - 10:30am<br>\$70(R); \$91(NR); \$53(IA) | 4 classes<br>starts Sep 9 |
| 21614-568C<br>Wed   | 7 & up<br>6:45 - 7:45pm<br>\$70(R); \$91(NR); \$53(IA)  | 4 classes<br>starts Oct 4 |
| 21614-568D<br>Sat   | 7 & up<br>9:30 - 10:30am<br>\$52(R); \$68(NR); \$39(IA) | 3 classes<br>starts Oct 7 |
| 21614-568E<br>Wed   | 7 & up<br>6:45 - 7:45pm<br>\$70(R); \$91(NR); \$53(IA)  | 4 classes<br>starts Nov 1 |
| 21614-568F<br>Sat   | 7 & up<br>9:30 - 10:30am<br>\$52(R); \$68(NR); \$39(IA) | 3 classes<br>starts Nov 4 |

Okinawan Karate: Intermediate

The secret is out! With influences from Japanese, Chinese, and Southeast Asian cultures, Okinawan karate was privately practiced by fighting masters until the early 20th Century. This combative style of karate emphasizes natural body movements to develop coordination and balance while learning self-defense using open hands and weaponless fighting. Continue developing the skills and self-awareness needed to achieve mastery of this ancient martial art!

| Prince George’s Sports & Learn Cmplx<br>splex@pgparks.com |  |                           |
|---|--|---------------------------|
| 21615-568A<br>Wed   | 7 & up<br>7:45 - 8:45pm<br>\$70(R); \$91(NR); \$53(IA)   | 4 classes<br>starts Sep 6 |
| 21615-568B<br>Sat   | 7 & up<br>10:30 - 11:30am<br>\$70(R); \$91(NR); \$53(IA) | 4 classes<br>starts Sep 9 |
| 21615-568C<br>Wed   | 7 & up<br>7:45 - 8:45pm<br>\$70(R); \$91(NR); \$53(IA)   | 4 classes<br>starts Oct 4 |
| 21615-568D<br>Sat   | 7 & up<br>10:30 - 11:30am<br>\$52(R); \$68(NR); \$39(IA) | 3 classes<br>starts Oct 7 |
| 21615-568E<br>Wed   | 7 & up<br>7:45 - 8:45pm<br>\$70(R); \$91(NR); \$53(IA)   | 4 classes<br>starts Nov 1 |
| 21615-568F<br>Sat   | 7 & up<br>10:30 - 11:30am<br>\$52(R); \$68(NR); \$39(IA) | 3 classes<br>starts Nov 4 |

Ryukyu no Yama Karate & Kobudo: Beginner

Shobayashi-Ryu is One of the four oldest styles of Shorin-Ryu Karate. Shobayashi-Ryu is a style of Okinawan Karate founded by Chotoku Kyan and passed on to Eizo Shimabukuro. Shobayashi incorporates blocking, kicking, punching, joint manipulation, pinning/restraining, seizing nerves, sweeping/throwing techniques and countering attacks.

| Seabrook Neighborhood Park Building<br>centralareaprograms@pgparks.com |  |                             |
|--|--|-----------------------------|
| 21625-570B<br>Wed, Fri   | 6 - 14yrs.<br>6:30 - 7:30pm<br>\$115(R); \$150(NR) | 16 classes<br>starts Sep 20 |
| 21625-570C<br>Wed, Fri   | 6 - 14yrs.<br>6:30 - 7:30pm<br>\$115(R); \$150(NR) | 18 classes<br>starts Nov 22 |

Ryukyu no Yama Karate & Kobudo: Advanced

Shobayashi-Ryu is One of the four oldest styles of Shorin-Ryu Karate. Shobayashi-Ryu is a style of Okinawan Karate founded by Chotoku Kyan and passed on to Eizo Shimabukuro. Shobayashi incorporates blocking, kicking, punching, joint manipulation, pinning/restraining, seizing nerves, sweeping/throwing techniques and countering attacks.

| Seabrook Neighborhood Park Building<br>centralareaprograms@pgparks.com |  |                             |
|--|--|-----------------------------|
| 21626-570B<br>Wed, Fri   | 6 & up<br>7:30 - 9:00pm<br>\$115(R); \$150(NR) | 16 classes<br>starts Sep 20 |
| 21626-570C<br>Wed, Fri   | 6 & up<br>7:30 - 9:00pm<br>\$115(R); \$150(NR) | 18 classes<br>starts Nov 22 |

Self-Defense with a Ranger

Take control of your personal space! Learn basic self-defense methods to stay safe and in control of your responses to danger. Our park rangers will teach important skills which can improve your overall fitness and self-confidence. Sign up and gain peace of mind. You can be aware and not despair when you know how to use self-defense.

| Southern Reg Tec & Rec Complex<br>parkrangers@mncppc.org  |  |                          |
|---|--|--------------------------|
| 21633-559A<br>Sat   | 16 & up<br>1:00 - 3:00pm<br>\$7(R); \$10(NR) | 1 class<br>starts Sep 23 |
| Sugar Ray Leonard Boxing Center<br>parkrangers@mncppc.org |  |                          |
| 21633-559B<br>Sat   | 16 & up<br>1:00 - 3:00pm<br>\$7(R); \$10(NR) | 1 class<br>starts Oct 28 |

Self-Defense: Mixed Ages

Don’t be a push over! Get empowered to defend yourself! Feel safer and more self-aware as you learn basic self-defense techniques!

| Suitland Community Center    suitlandcc@pgparks.com |  |                            |
|---|--|----------------------------|
| 21617-581A<br>Sat                                   | 16 & up<br>9:15 - 10:15am<br>\$50(R); \$65(NR) | 8 classes<br>starts Oct 14 |

Tae Kwon Do & Judo: Mixed Ages

Students of all ages will learn Tae Kwon Do, the Korean form of self-defense known for punching and kicking, and cross train in the Japanese art of Judo, which is known for throwing, choking and pinning. Develop mental discipline, character and self-awareness in the supportive environment of this martial art.

| William Beanes Community Center<br>williambeanesc@pgparks.com |  |                            |
|---|--|----------------------------|
| 21627-591A<br>Sat   | 6 & up<br>10:00am - 12:00pm<br>\$67(R); \$88(NR) | 8 classes<br>starts Oct 21 |

Tae Kwon Do: Mixed Ages, Beginner

Did you know that two former U.S. presidents, a golf legend and many Hollywood actors and actresses area all skilled in Tae Kwon Do? This Korean martial arts program teaches self-defense, fitness, and self-control through its emphasis on mental discipline through various levels. Contact the offering facility for specifics about levels taught in this program.

| Suitland Community Center    suitlandcc@pgparks.com |  |                             |
|---|--|-----------------------------|
| 21607-581A<br>Tue, Sat                              | 4 & up<br>6:00 - 7:30pm<br>\$69(R); \$90(NR) | 16 classes<br>starts Oct 10 |

Tae Kwon Do: Mixed Ages, Advanced

Kick your martial arts training into gear! Continue to develop your skills in kicking, punching, and boxing! Achieve or maintain your fitness goals in this balanced, mind-body sport! Students must have completed introductory level courses in Tae Kwon Do.

| Suitland Community Center    suitlandcc@pgparks.com |   |                             |
|---|---|-----------------------------|
| 21609-581A<br>Tue, Sat                              | 10 & up<br>6:00 - 7:30pm<br>\$69(R); \$90(NR) | 16 classes<br>starts Oct 10 |



TKA Karate: All Levels

Kick your martial arts training into gear! Learn the Tompkins Karate Association (TKA) Karate method. This martial arts program of unarmed fighting tones the body, quickens reflexes, builds stamina along with developing the inner qualities of character and confidence. This course accommodates all skill levels. We accommodate all skill levels as they are divided into appropriate age and skill groups.

| Beltsville Community Center    beltsvillecc@pgparks.com                  |  |                             |
|--|--|-----------------------------|
| 21618-505A<br>Wed  | 5 - 12yrs.<br>6:30 - 7:30pm<br>\$60(R); \$78(NR) | 10 classes<br>starts Sep 13 |
| 21618-505B<br>Wed  | 13 & up<br>7:30 - 9:00pm<br>\$70(R); \$91(NR)    | 10 classes<br>starts Sep 13 |
| Bowie Community Center    bowiecc@pgparks.com                            |  |                             |
| 21618-509B<br>Thu  | 5 - 12yrs.<br>6:30 - 7:30pm<br>\$60(R); \$78(NR) | 10 classes<br>starts Sep 14 |
| 21618-509A<br>Thu  | 13 & up<br>7:30 - 9:00pm<br>\$70(R); \$91(NR)    | 10 classes<br>starts Sep 14 |
| Cheverly Town Hall   |  |                             |
| 21618-570D<br>Mon  | 5 - 12yrs.<br>7:00 - 8:00pm<br>\$54(R); \$71(NR) | 9 classes<br>starts Sep 11  |
| 21618-570E<br>Mon  | 18 & up<br>8:00 - 9:30pm<br>\$63(R); \$82(NR)    | 9 classes<br>starts Sep 11  |
| Good Luck Community Center<br>goodluckcc@pgparks.com                     |  |                             |
| 21618-529AA<br>Thu   | 13 & up<br>8:00 - 9:30pm<br>\$70(R); \$91(NR)    | 10 classes<br>starts Sep 14 |
| Prince George’s Plaza Community Ctr.<br>princegeorgesplazacc@pgparks.com |  |                             |
| 21618-566A<br>Tue  | 5 - 12yrs.<br>6:30 - 7:30pm<br>\$60(R); \$78(NR) | 12 classes<br>starts Sep 12 |
| 21618-566B<br>Tue  | 13 & up<br>7:30 - 9:00pm<br>\$70(R); \$91(NR)    | 12 classes<br>starts Sep 12 |

Tukkong Moo Do: Beginner

Be bullied no more! Beginner Tukkong Moo Do is designed for anyone new to martial arts. Become empowered and develop skills in an adaptation of martial arts used by military and security professionals. Sign up today to learn martial arts basics and breakaway techniques from a master instructor. Discover how your bravery, balance, focus, hands, feet, and thinking skills all contribute to confidently protecting yourself in any conflict.

| Largo/Kettering/Perrywood Comm. Ctr.<br>largoketteringperrywoodcc@pgparks.com |   |                            |
|---|---|----------------------------|
| 21611-545A<br>Sat   | 4 - 7yrs.<br>11:00am - 12:00pm<br>\$48(R); \$63(NR) | 6 classes<br>starts Sep 2  |
| 21611-545B<br>Sat   | 8 - 17yrs.<br>12:00 - 1:00pm<br>\$48(R); \$63(NR)   | 6 classes<br>starts Sep 2  |
| 21611-545C<br>Sat   | 4 - 7yrs.<br>12:00 - 1:00pm<br>\$48(R); \$63(NR)    | 6 classes<br>starts Oct 14 |
| 21611-545D<br>Sat   | 8 - 17yrs.<br>1:00 - 2:00pm<br>\$48(R); \$63(NR)    | 6 classes<br>starts Oct 14 |
| Westphalia Community Center<br>westphaliacc@pgparks.com                       |   |                            |
| 21611-590A<br>Sat   | 5 & up<br>10:15 - 11:15am<br>\$45(R); \$59(NR)      | 10 classes<br>starts Sep 9 |
| 21611-590B<br>Sat   | 6 & up<br>11:30am - 12:30pm<br>\$45(R); \$59(NR)    | 10 classes<br>starts Sep 9 |
| Westphalia Community Center<br>westphaliacc@pgparks.com                       |   |                            |
| 21628-590A<br>Sat   | 4 & up<br>9:15 - 10:00am<br>\$45(R); \$59(NR)       | 10 classes<br>starts Sep 9 |

Tukkong Moo Do: Intermediate

Breakaway! Block! Attack! Intermediate level Tukkong Moo Do is for students skilled in martial arts’ basic movements, blocking, and striking. Learn vital drills, forms, escapes, break-falls, self-protection, offensive fighting, and attack techniques. Discover how to improve your own physical conditioning and to empower yourself with good decision-making principles. This confidence-enhancing class is led by a master instructor. Register today and take control when you are threatened.

| Westphalia Community Center<br>westphaliacc@pgparks.com |   |                            |
|---|---|----------------------------|
| 21629-590A<br>Sat                                       | 8 & up<br>12:45 - 1:45pm<br>\$55(R); \$72(NR) | 10 classes<br>starts Sep 9 |

Tukkong Moo Do: Advanced

Defend yourself and others! Advanced Tukkong Moo Do is taught by a master instructor and is designed for those skilled in basic one-on-one fighting techniques. Enroll now to gain abilities in assailant control, disarming methods, joint locks, throws, escapes/releases, advanced forms, striking, blocking, foot movement, and basic ground fighting. Increase physical conditioning, improve flexibility, and gain self-confidence even when faced with very difficult scenarios to include multiple attackers. Are you prepared?

| Westphalia Community Center<br>westphaliacc@pgparks.com |   |                             |
|---|---|-----------------------------|
| 21612-590A<br>Wed                                       | 17 & up<br>7:30 - 8:30pm<br>\$65(R); \$85(NR) | 10 classes<br>starts Sep 13 |

Nature

PRE-SCHOOLERS

Puppet Friends in Storyland

Join us for an interactive lesson with a hands-on activity. Your little one will play, laugh, and dance with their puppet pals while they work on social skills, early literacy development, listening, communication, fine motor skills, attention span, and their creativity!

| Watkins Nature Center<br>watkinsnaturecenter@pgparks.com |   |                           |
|--|---|---------------------------|
| 22103-588A<br>Fri  | 2 - 3yrs.<br>10:00 - 10:45am<br>\$10(R); \$13(NR) | 2 classes<br>starts Sep 1 |
| 22103-588B<br>Fri  | 2 - 3yrs.<br>10:00 - 10:45am<br>\$10(R); \$13(NR) | 2 classes<br>starts Oct 6 |
| 22103-588C<br>Fri  | 2 - 3yrs.<br>10:00 - 10:45am<br>\$10(R); \$13(NR) | 2 classes<br>starts Nov 3 |

CHILDREN

Adventure Seekers

Celebrate exploration! Lift your spirits, expand your mind, and build fun relationships with other adventurers! Join us as we enjoy canoeing, hiking, museums, and trips to natural and historical sites. The DC Metro area has an abundant supply of discoveries for the curious. Get well-rounded by finding adventure around the region!

| Mt. Rainier Nature and Rec Center<br>mtrainiernaturecenter@pgparks.com |   |                         |
|--|---|-------------------------|
| 22201-549A<br>Sat  | 8 - 12yrs.<br>10:00am - 5:00pm<br>\$3(R); \$4(NR) | 1 class<br>starts Sep 2 |
| 22201-549B<br>Sat  | 8 - 12yrs.<br>10:00am - 5:00pm<br>\$4(R); \$6(NR) | 1 class<br>starts Sep 2 |

Nature Craft: Children

Go green with your creativity! Nature provides an abundance of materials and inspiration for making art. Enjoy hands-on nature activities. Discover what you can design with the environment in mind. Join us for a farm related story, followed by a craft and an animal meet and greet.

| Bladensburg Waterfront Park<br>bladensburgwp@pgparks.com |   |                          |
|--|---|--------------------------|
| 22217-508A<br>Fri  | 6 - 9yrs.<br>10:00 - 11:30am<br>\$3(R); \$4(NR) | 1 class<br>starts Oct 20 |

Science: Children, Home-School, Nature Rangers

A home-school science club where children will experience nature through multimedia presentations, discussion, stories, hikes, and/or hands-on activities. Each class focuses on a different nature theme.

| Watkins Nature Center<br>watkinsnaturecenter@pgparks.com |   |                            |
|--|---|----------------------------|
| 22202-588A<br>Tue  | 7 - 9yrs.<br>1:00 - 2:00pm<br>\$20(R); \$26(NR) | 2 classes<br>starts Sep 12 |
| 22202-588B<br>Tue  | 7 - 9yrs.<br>1:00 - 2:00pm<br>\$20(R); \$26(NR) | 2 classes<br>starts Oct 10 |
| 22202-588C<br>Tue  | 7 - 9yrs.<br>1:00 - 2:00pm<br>\$20(R); \$26(NR) | 2 classes<br>starts Nov 14 |

ADULTS

Outdoor Adventures

An outing designed for active adults who want to test their skill levels. Fees may vary, depending upon trip requirements. Enjoy hiking, museums, art, fairs, carnivals, nature, and historic sites.

| Mt. Rainier Nature and Rec Center<br>mtrainiernaturecenter@pgparks.com |   |                          |
|--|---|--------------------------|
| 22401-549A<br>Sat  | 18 & up<br>7:30am - 5:30pm<br>\$5(R); \$7(NR) | 1 class<br>starts Sep 16 |

Pack in the Park

Join us for a “pawsitively” good time with your four-legged fur children! Join a naturalist, who is a dog lover and a certified animal trainer, who will lead a hike in the woods with the pack! Bring your dog-friendly, human-friendly, leashed dog with some treats for fun, fitness, and hiking in the woods.

| Watkins Nature Center<br>watkinsnaturecenter@pgparks.com |  |                          |
|--|--|--------------------------|
| 22413-588A<br>Sat  | 18 & up<br>9:00 - 10:00am<br>\$4(R); \$6(NR) | 1 class<br>starts Sep 23 |
| 22413-588B<br>Sat  | 18 & up<br>9:00 - 10:00am<br>\$4(R); \$6(NR) | 1 class<br>starts Oct 21 |

SENIORS

Nature Hike: Seniors

Join a naturalist on a hike looking for wildlife and local plant life. Please wear comfortable shoes and dress appropriately for the weather.

| Watkins Nature Center<br>watkinsnaturecenter@pgparks.com |   |                         |
|--|---|-------------------------|
| 22501-588A<br>Wed  | 60 & up<br>1:00 - 2:30pm<br>\$4(R); \$6(NR) | 1 class<br>starts Sep 6 |
| 22501-588B<br>Wed  | 60 & up<br>1:00 - 2:30pm<br>\$4(R); \$6(NR) | 1 class<br>starts Oct 4 |
| 22501-588C<br>Wed  | 60 & up<br>1:00 - 2:30pm<br>\$3(R); \$4(NR) | 1 class<br>starts Nov 1 |

MIXED AGES

Anacostia River Paddle Sport Tour

Go paddling with a guide. Choose a kayak or canoe and enjoy an interpretive paddling tour to various sites on the river.

| Bladensburg Waterfront Park<br>bladensburgwp@pgparks.com |   |                          |
|--|---|--------------------------|
| 22640-508B<br>Wed  | 18 & up<br>6:00 - 7:30pm<br>\$20(R); \$26(NR) | 1 class<br>starts Sep 13 |

Archery: Mixed Ages

You don’t have to be a Katniss Everdeen of “The Hunger Games”, Princess Merida of Disney’s “Brave”, or Robin Hood, the storybook legend, to handle a bow and arrow! Archery is one of the oldest sports in the world. You will learn the basics of this skill, as well as safety awareness. Build concentration, patience, and coordination while having fun.

| Adelphi Manor Community Park    parkrangers@mncppc.org    |   |                           |
|---|---|---------------------------|
| 22601-559B<br>Sun   | 10 & up<br>2:00 - 3:30pm<br>\$5(R); \$7(NR)   | 1 class<br>starts Oct 15  |
| Bock Road Maintenance Yard    parkrangers@mncppc.org      |   |                           |
| 22601-559A<br>Sun   | 10 & up<br>2:00 - 3:30pm<br>\$7(R); \$10(NR)  | 1 class<br>starts Sep 10  |
| 22601-559C<br>Sun   | 10 & up<br>2:00 - 3:30pm<br>\$7(R); \$10(NR)  | 1 class<br>starts Nov 12  |
| Deerfield Run Community Center<br>deerfieldcc@pgparks.com |   |                           |
| 22601-520A<br>Sat   | 7 & up<br>12:30 - 1:30pm<br>\$50(R); \$65(NR) | 8 classes<br>starts Sep 9 |

Bicycle Nature Tour: Mixed Ages

Hit the park trails with us! Enjoy the beauty of what nature and a guided bike tour offers you in the fresh air of the great outdoors! Improve your cardiovascular fitness, strengthen your bones, and increase your joint mobility! Begin your low impact adventure with us today by use of our bikes or trikes and helmets or bring your own!

| Bladensburg Waterfront Park<br>bladensburgwp@pgparks.com |  |                          |
|--|--|--------------------------|
| 22652-508A<br>Sun  | 8 & up<br>1:00 - 2:30pm<br>\$5(R); \$7(NR) | 1 class<br>starts Nov 12 |

Boat Tour

Board a pontoon boat for a quiet, cruise on one of Prince George’s County’s beautiful rivers.

| Bladensburg Waterfront Park<br>bladensburgwp@pgparks.com |   |                          |
|--|---|--------------------------|
| 22643-508D<br>Mon  | 55 & up<br>11:30am - 12:30pm<br>\$2(R); \$3(NR) | 1 class<br>starts Sep 18 |
| 22643-508C<br>Wed  | All ages<br>6:00 - 7:00pm<br>\$5(R); \$7(NR)    | 1 class<br>starts Oct 4  |
| 22643-508A<br>Sun  | 2 & up<br>10:00am - 1:30pm<br>\$5(R); \$7(NR)   | 1 class<br>starts Oct 8  |
| 22643-508E<br>Mon, Wed                                   | 55 & up<br>11:30am - 12:30pm<br>\$2(R); \$3(NR) | 1 class<br>starts Oct 16 |

Campfires

Enjoy nature tales and roasted marshmallows over a community campfire in the beautiful outdoors! Bring hot dogs, if you like! Start new friendships and make family memories. Patrons will be notified of weather-related cancellations.

| Watkins Nature Center<br>watkinsnaturecenter@pgparks.com |  |                          |
|--|--|--------------------------|
| 22615-588A<br>Fri  | 2 & up<br>7:00 - 8:30pm<br>\$5(R); \$7(NR) | 1 class<br>starts Sep 8  |
| 22615-588B<br>Fri  | 2 & up<br>6:00 - 7:30pm<br>\$5(R); \$7(NR) | 1 class<br>starts Oct 13 |

Canoe Lessons

Learn paddling skills from a certified instructor. Boats, paddles, and life jackets provided. Persons under 16 must be accompanied by an adult. Wear shoes that can get wet!

| Bladensburg Waterfront Park<br>bladensburgwp@pgparks.com |  |                         |
|--|--|-------------------------|
| 22619-508A<br>Sat  | 11 & up<br>10:00am - 1:00pm<br>\$30(R); \$39(NR) | 1 class<br>starts Oct 7 |

Fishing: Mixed Ages

Learn about casting, handling fish, fishing safety and fish biology. This program is for those with little or no experience. Program is weather permitting.

| Bladensburg Waterfront Park<br>bladensburgwp@pgparks.com |   |                          |
|--|---|--------------------------|
| 22626-508A<br>Sun  | 10 & up<br>9:30am - 12:00pm<br>\$10(R); \$13(NR)  | 1 class<br>starts Sep 17 |
| 22626-508B<br>Sun  | 10 & up<br>9:30 - 11:30am<br>\$10(R); \$13(NR)    | 1 class<br>starts Oct 22 |
| School House Pond parkrangers@mncppc.org                 |   |                          |
| 22626-559A<br>Sat  | 8 - 15yrs.<br>10:00 - 11:15am<br>\$7(R); \$10(NR) | 1 class<br>starts Sep 23 |
| Tucker Road Comm Park/Athletic Cmplx<br>mncppc.org       |   |                          |
| 22626-559B<br>Sun  | 8 - 15yrs.<br>10:00 - 11:15am<br>\$7(R); \$10(NR) | 1 class<br>starts Oct 8  |

Goose Chase Game

The hunt is on! Let’s go on an action-packed, scavenger hunt. Complete a list of missions using the GooseChase mobile app on your iPhone or Android smartphone. Collect photos, videos, GPS checkpoints, and text-based answers to score as many points as possible in the time allowed. Use your problem-solving and creative thinking skills to have fun with friends or solo. Sign up and uncover discoveries all around you. What will you find?

| Bladensburg Waterfront Park<br>bladensburgwp@pgparks.com |  |                          |
|--|--|--------------------------|
| 22670-508A<br>Fri  | 5 & up<br>5:30 - 7:00pm<br>\$5(R); \$7(NR) | 1 class<br>starts Oct 27 |

Kayak Lake Tour

Come and enjoy one of the beautiful lakes by water! Our staff will provide safety training and discuss the history of the lake. For more information on the course(s) please look at the course details or contact the offering facility.

| Lake Artemesia Natural Area parkrangers@mncppc.org |  |                         |
|--|--|-------------------------|
| 22627-559A<br>Sat                                  | 16 & up<br>10:00 - 11:00am<br>\$7(R); \$10(NR) | 1 class<br>starts Sep 2 |
| 22627-559B<br>Sun                                  | 16 & up<br>10:00 - 11:00am<br>\$7(R); \$10(NR) | 1 class<br>starts Oct 1 |

Kayak Lessons

Learn kayak paddling skills from a certified instructor. Boats, paddles, and life jackets provided. Persons under 16 must be accompanied by an adult. Wear shoes that can get wet. Contact the offering facility for details.

| Bladensburg Waterfront Park<br>bladensburgwp@pgparks.com |  |                          |
|--|--|--------------------------|
| 22628-508A<br>Sat  | 11 & up<br>10:00am - 1:00pm<br>\$30(R); \$39(NR) | 1 class<br>starts Sep 16 |

Meet & Make

Meet a critter and get crafty! Kids will enjoy an up close visit with a nature center animal and learn what makes them special. Discover how each animal is unique. Use what you have learned to create a craft about that animal. This is a great way to understand conservation and nature. Sign up today and connect with other kids excited about critter crafting.

| Watkins Nature Center<br>watkinsnaturecenter@pgparks.com |   |                          |
|--|---|--------------------------|
| 22674-588A<br>Thu  | 2 - 7yrs.<br>10:00 - 10:45am<br>\$4(R); \$6(NR) | 1 class<br>starts Sep 7  |
| 22674-588B<br>Thu, Fri                                   | 2 - 7yrs.<br>10:00 - 10:45am<br>\$4(R); \$6(NR) | 1 class<br>starts Oct 12 |
| 22674-588C<br>Thu  | 2 - 7yrs.<br>10:00 - 10:45am<br>\$4(R); \$6(NR) | 1 class<br>starts Nov 9  |

Nature Crafts

Go green with your creativity! Nature provides an abundance of materials and inspiration for making art. Participants will enjoy hands-on nature craft activities. Discover what you can design with the environment in mind.

| Watkins Nature Center<br>watkinsnaturecenter@pgparks.com |  |                          |
|--|--|--------------------------|
| 22605-588A<br>Sat  | 6 & up<br>1:00 - 2:30pm<br>\$6(R); \$8(NR) | 1 class<br>starts Sep 30 |

Nature Discovery Walk

Enjoy a naturalist led walk along the scenic Anacostia River Trail.

| Bladensburg Waterfront Park<br>bladensburgwp@pgparks.com |                                   |                          |
|--|-----------------------------------|--------------------------|
| 22629-508A<br>Sun  | All ages<br>2:00 - 3:00pm<br>Free | 1 class<br>starts Nov 5  |
| 22629-508B<br>Sun  | All ages<br>2:00 - 3:00pm<br>Free | 1 class<br>starts Nov 19 |

Nature Education

Meet nature and your neighbors! Reserve your spot for fun and education all about nature. Get to know your community who has an interest in conservation. A different nature-related topic is covered each session. Learn how amazing nature is through participation in hands-on activities with a naturalist. Sign up today and grow to love the planet we call home.

| Bladensburg Waterfront Park<br>bladensburgwp@pgparks.com |   |                          |
|--|---|--------------------------|
| 22678-508A<br>Sat  | 3 - 10yrs.<br>1:00 - 2:30pm<br>\$5(R); \$7(NR)  | 1 class<br>starts Nov 4  |
| Watkins Nature Center<br>watkinsnaturecenter@pgparks.com |   |                          |
| 22678-588A<br>Sat  | 8 - 105yrs.<br>1:00 - 2:00pm<br>\$4(R); \$6(NR) | 1 class<br>starts Sep 16 |

Nature Hike: Mixed Ages

Enjoy a Naturalist-led, woodland nature hike.

| Patuxent River Park patuxentriverpark@pgparks.com |                                     |                          |
|---|-------------------------------------|--------------------------|
| 22630-559B<br>Sat                                 | All ages<br>10:00 - 11:00am<br>Free | 1 class<br>starts Oct 7  |
| 22630-559C<br>Thu                                 | All ages<br>10:00 - 11:00am<br>Free | 1 class<br>starts Nov 9  |
| Suitland Bog Natural Area ParkRangers@mncppc.org  |                                     |                          |
| 22630-559A<br>Sat                                 | All ages<br>10:00 - 11:00am<br>Free | 1 class<br>starts Sep 23 |

Night at the Nature Center

Looking for a great overnight adventure? Come to Watkins Nature Center for a “Night at the Nature Center!” Your overnight package of nature fun includes overnight lodging in the nature center (bring your sleeping gear); evening campfire with dinner and s’mores; nocturnal nature walks with one of our experienced naturalists; a continental breakfast, and wake-up animal yoga!

| Watkins Nature Center<br>watkinsnaturecenter@pgparks.com |  |                            |
|--|--|----------------------------|
| 22634-588A<br>Sat, Sun                                   | 6 & up<br>6:00 - 9:00am<br>\$35(R); \$46(NR) | 2 classes<br>starts Nov 11 |

Science: Home-School, Nature Explorers

A home-school science club where children will experience nature through multimedia presentations, discussion, stories, hikes, and/or hands-on activities. Each class focuses on a different nature theme. Class meets once a month for 4 months.

| Watkins Nature Center<br>watkinsnaturecenter@pgparks.com |   |                            |
|--|---|----------------------------|
| 22607-588A<br>Tue  | 10 - 14yrs.<br>2:30 - 4:00pm<br>\$20(R); \$26(NR) | 2 classes<br>starts Sep 12 |
| 22607-588B<br>Tue  | 10 - 14yrs.<br>2:30 - 4:00pm<br>\$20(R); \$26(NR) | 2 classes<br>starts Oct 10 |
| 22607-588C<br>Tue  | 10 - 14yrs.<br>2:30 - 4:00pm<br>\$20(R); \$26(NR) | 2 classes<br>starts Nov 14 |

Science: Home-School, Nature Friends

A home-school science club where children will experience nature through multimedia presentations, discussion, stories, hikes, and/or hands-on activities. Each class focuses on a different nature theme.

| Watkins Nature Center<br>watkinsnaturecenter@pgparks.com |   |                            |
|--|---|----------------------------|
| 22614-588A<br>Tue  | 4 - 6yrs.<br>10:00 - 11:00am<br>\$20(R); \$26(NR) | 2 classes<br>starts Sep 12 |
| 22614-588B<br>Tue  | 4 - 6yrs.<br>10:00 - 11:00am<br>\$20(R); \$26(NR) | 2 classes<br>starts Oct 10 |
| 22614-588C<br>Tue  | 4 - 6yrs.<br>10:00 - 11:00am<br>\$20(R); \$26(NR) | 2 classes<br>starts Nov 14 |

Wilderness Survival With a Ranger

Outdo! Outsmart! Outside! Are you a survivor? Start your adventure with a Park Ranger who will teach you basic to intermediate survival skills! Learn survival techniques applicable to various recreational activities such as camping and fishing. Uncover how to use resources to thrive in nature! We provide the survival tools but we suggest you bring your own and be comfortable with their usage. \*\*Waiver: usage of knife and sharp tools will take place.

| Clearwater Nature Center<br>clearwaturnaturecenter@pgparks.com |  |                         |
|--|--|-------------------------|
| 22603-559A<br>Sat  | 10 & up<br>1:00 - 2:30pm<br>\$7(R); \$10(NR) | 1 class<br>starts Sep 9 |

Youth Birding Club

Birds of a feather flock together! Join our club for youth who enjoy birds, hiking, and exploring the outdoors! Expand your skills using binoculars and a scope to learn how to recognize and to identify birds for the start of your bird sightings! You will be led by a naturalist, who is also a bird enthusiast, and meet special guests in the birding world. Dress for the weather and wear comfortable shoes.

| Watkins Nature Center<br>watkinsnaturecenter@pgparks.com |                                       |                           |
|--|---------------------------------------|---------------------------|
| 22650-588A<br>Sat  | 10 - 17yrs.<br>8:00 - 10:00am<br>Free | 3 classes<br>starts Sep 9 |



# Performing Arts

## PRE-SCHOOLERS

### Ballet and Jazz: Pre-Schoolers

This class incorporates the finesse of ballet with the excitement of jazz dance.

| Bladensburg Community Center<br>bladensburgcc@pgparks.com |                  |   |
|---|------------------|---|
| 23102-507A  | 3 - 5yrs.<br>Wed | 8 classes<br>6:00 - 7:00pm<br>starts Oct 11<br>\$50(R); \$65(NR)  |
| Huntington Community Center<br>huntingtoncc@pgparks.com   |                  |   |
| 23102-535A  | 3 - 5yrs.<br>Sat | 8 classes<br>10:00 - 10:45am<br>starts Oct 7<br>\$50(R); \$65(NR) |

### Ballet and Tap: Pre-Schoolers

Watching your child dance, now that's pure happiness! Introduce your little one to basic ballet positions as a warm-up to tap dance steps! Give them a leg up on brain focus, balance, agility, good posture, and great self-esteem! They'll gain all these benefits while building strong social skills too in our exciting class. Ballet and tap shoes are needed!

| Good Luck Community Center<br>goodluckcc@pgparks.com |                  |   |
|--|------------------|---|
| 23103-529AA  | 3 - 4yrs.<br>Sat | 8 classes<br>9:00 - 10:30am<br>starts Sep 16<br>\$60(R); \$78(NR) |

### Ballet, Jazz and Hip-Hop: Pre-Schoolers

Is your child continually dancing around the house? Channel their energy while releasing his or her rhythm in a fun way to get exercise, active, and healthy. Through our class, your child will learn positions and movements common to ballet, jazz, and hip-hop. Dancing will bring out feelings of joy in your child while they develop memory, judgment, and reasoning skills through this artistic expression.

| Glenarden Community Center<br>glenardenc@pgparks.com    |                  |  |
|---|------------------|--|
| 23104-526A  | 3 - 5yrs.<br>Sat | 8 classes<br>9:15 - 10:15am<br>starts Oct 7<br>\$60(R); \$78(NR)     |
| Glenn Dale Community Center<br>glennedalecc@pgparks.com |                  |  |
| 23104-527A  | 3 - 5yrs.<br>Sat | 6 classes<br>11:00am - 12:00pm<br>starts Sep 16<br>\$35(R); \$46(NR) |

### Ballet: Pre-Schoolers

Keep your little ones light on their feet! From beginning ballet steps to motor skills and more, we will develop your child's love for the art. Introduce him or her to the active world of ballet, which is good for many reasons including better posture, agility, stress reduction, and brain focus. Your child will grow socially as they make friends with other little dancers.

| College Park Community Center<br>collegeparkcc@pgparks.com |                  |  |
|--|------------------|--|
| 23107-516C   | 3 - 5yrs.<br>Wed | 6 classes<br>5:00 - 6:00pm<br>starts Sep 13<br>\$35(R); \$46(NR)   |
| 23107-516A   | 3 - 5yrs.<br>Sat | 6 classes<br>10:45 - 11:45am<br>starts Sep 16<br>\$35(R); \$46(NR) |
| 23107-516D   | 3 - 5yrs.<br>Wed | 6 classes<br>5:00 - 6:00pm<br>starts Nov 1<br>\$35(R); \$46(NR)    |
| 23107-516B   | 3 - 5yrs.<br>Sat | 6 classes<br>10:45 - 11:45am<br>starts Nov 4<br>\$35(R); \$46(NR)  |
| Peppermill Community Center<br>peppermillcc@pgparks.com    |                  |  |
| 23107-562A   | 4 - 5yrs.<br>Thu | 6 classes<br>4:00 - 4:45pm<br>starts Sep 7<br>\$50(R); \$65(NR)    |
| 23107-562B   | 4 - 5yrs.<br>Thu | 7 classes<br>4:00 - 4:45pm<br>starts Oct 19<br>\$50(R); \$65(NR)   |
| Southern Reg Tec & Rec Complex<br>techrec@pgparks.com      |                  |  |
| 23107-577A   | 4 - 5yrs.<br>Tue | 6 classes<br>6:00 - 6:45pm<br>starts Sep 12<br>\$32(R); \$42(NR)   |
| 23107-577B   | 4 - 5yrs.<br>Tue | 6 classes<br>6:00 - 6:45pm<br>starts Oct 24<br>\$32(R); \$42(NR)   |

### Creative Movement

Learn dance movements to develop gross motor skills.

| Bowie Community Center<br>bowiecc@pgparks.com |                  |  |
|---|------------------|--|
| 23108-509C                                    | 3 - 5yrs.<br>Wed | 6 classes<br>3:00 - 3:45pm<br>starts Sep 6<br>\$40(R); \$52(NR)  |
| 23108-509A                                    | 3 - 5yrs.<br>Sat | 6 classes<br>9:00 - 9:45am<br>starts Sep 9<br>\$40(R); \$52(NR)  |
| 23108-509D                                    | 3 - 5yrs.<br>Wed | 6 classes<br>3:00 - 3:45pm<br>starts Oct 18<br>\$40(R); \$52(NR) |
| 23108-509B                                    | 3 - 5yrs.<br>Sat | 6 classes<br>9:00 - 9:45am<br>starts Oct 21<br>\$40(R); \$52(NR) |

## CHILDREN

### Ballet and Jazz: Children

This class incorporates the finesse of ballet with the excitement of jazz dance.

| Bladensburg Community Center<br>bladensburgcc@pgparks.com |                   |   |
|---|-------------------|---|
| 23203-507A  | 6 - 12yrs.<br>Wed | 8 classes<br>7:15 - 8:30pm<br>starts Oct 11<br>\$50(R); \$65(NR)  |
| Huntington Community Center<br>huntingtoncc@pgparks.com   |                   |   |
| 23203-535A  | 6 - 9yrs.<br>Sat  | 8 classes<br>11:00 - 11:45am<br>starts Oct 7<br>\$50(R); \$65(NR) |
| 23203-535C  | 6 - 12yrs.<br>Sat | 8 classes<br>12:00 - 12:45pm<br>starts Oct 7<br>\$50(R); \$65(NR) |

### Ballet and Tap: Children, Beginner

Get a pair of happy feet with a course designed to get your kiddies experiencing the magic of dance! In our class, your child will learn basic ballet positions and tap steps. Ballet and tap dance build strong flexibility, improve brain power for better grades, and are mood boosters. Get your kids expressing themselves through dance! Ballet and tap shoes are needed.

| Langley Park Community Center<br>langleyparkcc@pgparks.com |                        |   |
|--|------------------------|---|
| 23204-543A   | 7 - 12yrs.<br>Wed, Fri | 22 classes<br>5:00 - 6:00pm<br>starts Sep 13<br>\$118(R); \$154(NR) |

### Ballet, Jazz and Hip-Hop: Children

Is your child always copying dance moves they see on TV? They can start dancing like the stars in our electrifyingly, fun class that will keep them active and fit at the same time. They will learn positions and movements common to ballet, jazz, and hip-hop. They will develop stronger muscles, more focused brain power for better grades, flexibility, self-confidence, and a cool group of new friends.

| Glenarden Community Center<br>glenardenc@pgparks.com |                  |   |
|--|------------------|---|
| 23205-526A   | 6 - 8yrs.<br>Sat | 8 classes<br>10:30 - 11:30am<br>starts Oct 7<br>\$60(R); \$78(NR) |

### Ballet: Children

Can you tell a story through dance? Do you want to share how you feel through dance? Our ballet class will show you how to do these things through the training of basic ballet skills, positions, plies, and creative movement. Improve brain power, good posture, strong muscles, and have loads of fun building friendships with other kids who love to dance.

| Bowie Community Center<br>bowiecc@pgparks.com |                   |  |
|---|-------------------|--|
| 23210-509C                                    | 8 - 12yrs.<br>Wed | 6 classes<br>5:00 - 6:00pm<br>starts Sep 6<br>\$45(R); \$59(NR)      |
| 23210-509A                                    | 8 - 12yrs.<br>Sat | 6 classes<br>11:00am - 12:00pm<br>starts Sep 9<br>\$45(R); \$59(NR)  |
| 23210-509D                                    | 8 - 12yrs.<br>Wed | 6 classes<br>5:00 - 6:00pm<br>starts Oct 18<br>\$45(R); \$59(NR)     |
| 23210-509B                                    | 8 - 12yrs.<br>Sat | 6 classes<br>11:00am - 12:00pm<br>starts Oct 21<br>\$45(R); \$59(NR) |

| College Park Community Center<br>collegeparkcc@pgparks.com |                  |   |
|--|------------------|---|
| 23210-516C   | 6 - 9yrs.<br>Wed | 6 classes<br>6:15 - 7:15pm<br>starts Sep 13<br>\$35(R); \$46(NR)  |
| 23210-516AA  | 6 - 9yrs.<br>Sat | 6 classes<br>9:30 - 10:30am<br>starts Sep 16<br>\$35(R); \$46(NR) |
| 23210-516D   | 6 - 9yrs.<br>Wed | 6 classes<br>6:15 - 7:15pm<br>starts Nov 1<br>\$35(R); \$46(NR)   |
| 23210-516BB  | 6 - 9yrs.<br>Sat | 6 classes<br>9:30 - 10:30am<br>starts Nov 4<br>\$35(R); \$46(NR)  |

| Peppermill Community Center<br>peppermillcc@pgparks.com |                   |  |
|---|-------------------|--|
| 23210-562A  | 6 - 12yrs.<br>Thu | 6 classes<br>6:00 - 7:00pm<br>starts Sep 7<br>\$50(R); \$65(NR)  |
| 23210-562B  | 6 - 12yrs.<br>Thu | 7 classes<br>6:00 - 7:00pm<br>starts Oct 19<br>\$50(R); \$65(NR) |

### Hip-Hop: Children, Beginner

Dance your socks off! Not really, but we'll teach you hip-hop dance techniques and choreography that will set your dance floor on fire! Groove to the latest, age-appropriate songs while you gain stronger muscles, make friends, get mentally strong, and build self-esteem. Stay on top of the dance trends by signing up today!

| Glenn Dale Community Center<br>glennedalecc@pgparks.com |                   |   |
|---|-------------------|---|
| 23201-527AA   | 6 - 12yrs.<br>Sat | 6 classes<br>12:00 - 1:00pm<br>starts Sep 16<br>\$35(R); \$46(NR) |
| 23201-527BB   | 6 - 12yrs.<br>Sat | 6 classes<br>12:00 - 1:00pm<br>starts Nov 4<br>\$35(R); \$46(NR)  |

### Modern Dance: Children

Learn basic modern dance techniques.

| Bowie Community Center<br>bowiecc@pgparks.com |                   |   |
|---|-------------------|---|
| 23224-509A                                    | 7 - 11yrs.<br>Mon | 10 classes<br>6:30 - 7:30pm<br>starts Sep 11<br>\$75(R); \$98(NR) |

### Piano Keyboard: Beginner

Learning the piano is like going on an adventure! Explore this beautiful instrument and you might discover you have the talents of Mozart or Beethoven! You will be introduced to notes, musical alphabets, finger numbers, and basic piano performance. Piano playing helps your concentration to improve school grades, builds self-esteem, and keeps you feeling happy.

| Glenn Dale Community Center<br>glennedalecc@pgparks.com |                   |  |
|---|-------------------|--|
| 23212-527AA   | 6 - 12yrs.<br>Tue | 6 classes<br>5:00 - 5:45pm<br>starts Sep 12<br>\$50(R); \$65(NR) |
| 23212-527BB   | 6 - 12yrs.<br>Tue | 6 classes<br>6:00 - 6:45pm<br>starts Sep 12<br>\$50(R); \$65(NR) |
| 23212-527CC   | 6 - 12yrs.<br>Tue | 6 classes<br>7:00 - 7:45pm<br>starts Sep 12<br>\$50(R); \$65(NR) |
| 23212-527DD   | 6 - 12yrs.<br>Tue | 6 classes<br>5:00 - 5:45pm<br>starts Oct 31<br>\$50(R); \$65(NR) |
| 23212-527EE   | 6 - 12yrs.<br>Tue | 6 classes<br>6:00 - 6:45pm<br>starts Oct 31<br>\$50(R); \$65(NR) |
| 23212-527FF   | 6 - 12yrs.<br>Tue | 6 classes<br>7:00 - 7:45pm<br>starts Oct 31<br>\$50(R); \$65(NR) |

## TEENS

### Hip-Hop: Jazz Funk, Teens

This dance form was brought about by the popularization and commercial influence of the Hip Hop dance. Jazz Funk, also called Street Jazz, borrows a lot of movement from other dance styles...Jazz Funk is a dance style of the body and mind.

| Bladensburg Community Center<br>bladensburgcc@pgparks.com |                    |  |
|---|--------------------|--|
| 23305-507A  | 13 - 17yrs.<br>Sat | 8 classes<br>11:15am - 1:15pm<br>starts Oct 7<br>\$60(R); \$78(NR) |

## ADULTS

### Belly Dancing: Adults, Beginner

Your hips don't lie! Enjoy the ancient and exotic moves of belly dancing. Learn beginner steps and get a whole body workout too. Make friends and boost your self-confidence. Sign up today to release your inhibitions and have fun with fitness.

| Harmony Hall Arts Center<br>harmonyhallarts@pgparks.com |                |  |
|---|----------------|--|
| 23404-503B  | 18 & up<br>Sat | 8 classes<br>10:30am - 12:00pm<br>starts Sep 16<br>\$60(R); \$78(NR) |



Hand Dance: Adults, Beginner

What has the DC area moving to the beat? It’s hand dance! Merging swing, contemporary, and R&B dance styles, we all teach you basic steps to this hot dance craze. The moves you learn will not only be fun but will help you exercise your way to a healthier life.

| Cedar Heights Community Center<br>cedarheightscc@pgparks.com                  |  |                             |
|---|--|-----------------------------|
| 23401-512A<br>Wed   | 21 & up<br>12:00 - 1:00pm<br>\$35(R); \$46(NR) | 6 classes<br>starts Sep 6   |
| 23401-512C<br>Sat   | 21 & up<br>2:00 - 3:00pm<br>\$35(R); \$46(NR)  | 6 classes<br>starts Sep 9   |
| 23401-512B<br>Wed   | 21 & up<br>12:00 - 1:00pm<br>\$35(R); \$46(NR) | 6 classes<br>starts Oct 25  |
| 23401-512D<br>Sat   | 21 & up<br>2:00 - 3:00pm<br>\$35(R); \$46(NR)  | 6 classes<br>starts Oct 28  |
| Glenn Dale Community Center<br>glenndalecc@pgparks.com                        |  |                             |
| 23401-527AA<br>Thu  | 21 & up<br>7:00 - 8:30pm<br>\$30(R); \$39(NR)  | 6 classes<br>starts Sep 14  |
| 23401-527BB<br>Thu  | 21 & up<br>7:00 - 8:30pm<br>\$30(R); \$39(NR)  | 6 classes<br>starts Oct 26  |
| Harmony Hall Regional Center<br>harmonyhallrc@pgparks.com                     |  |                             |
| 23401-532A<br>Mon   | 21 & up<br>6:30 - 7:30pm<br>\$84(R); \$110(NR) | 12 classes<br>starts Sep 11 |
| Largo/Kettering/Perrywood Comm. Ctr.<br>largoketteringperrywoodcc@pgparks.com |  |                             |
| 23401-545A<br>Tue   | 18 & up<br>7:00 - 8:00pm<br>\$36(R); \$47(NR)  | 6 classes<br>starts Sep 5   |
| 23401-545B<br>Tue   | 18 & up<br>7:00 - 8:00pm<br>\$36(R); \$47(NR)  | 6 classes<br>starts Oct 17  |
| North Forestville Community Center<br>northforestvillecc@pgparks.com          |  |                             |
| 23401-553A<br>Mon   | 18 & up<br>6:30 - 8:00pm<br>\$36(R); \$47(NR)  | 6 classes<br>starts Sep 11  |
| 23401-553B<br>Mon   | 18 & up<br>6:30 - 8:00pm<br>\$36(R); \$47(NR)  | 6 classes<br>starts Oct 23  |

Hand Dance: Adults, Advanced

Learn advanced steps to the hottest dances.

| Cedar Heights Community Center<br>cedarheightscc@pgparks.com |  |                            |
|--|--|----------------------------|
| 23413-512A<br>Sat  | 18 & up<br>12:00 - 1:00pm<br>\$35(R); \$46(NR) | 6 classes<br>starts Sep 2  |
| 23413-512B<br>Sat  | 18 & up<br>12:00 - 1:00pm<br>\$35(R); \$46(NR) | 6 classes<br>starts Oct 21 |

Hand Dance: Adults, All Levels

Learn the area’s hottest dance style! Evolving from the Lindy Hop and Jitterbug, this is a form of swing style partner dance full of aerobic fitness benefits. You’ll expand your social circle, lift your mood, and develop dance skills others will envy. From beginners to the more experienced, we all have all levels of dancers on the floor.

| John E. Howard Community Center<br>johnehowardcc@pgparks.com |   |                            |
|--|---|----------------------------|
| 23402-538A<br>Mon  | 18 & up<br>6:30 - 7:30pm<br>\$42(R); \$55(NR) | 6 classes<br>starts Sep 11 |
| 23402-538B<br>Mon  | 18 & up<br>6:30 - 7:30pm<br>\$42(R); \$55(NR) | 6 classes<br>starts Oct 23 |
| South Bowie Community Center<br>southbowiecc@pgparks.com     |   |                            |
| 23402-574A<br>Mon  | 18 & up<br>6:00 - 7:30pm<br>\$50(R); \$65(NR) | 8 classes<br>starts Sep 11 |
| 23402-574B<br>Mon  | 18 & up<br>6:00 - 7:30pm<br>\$25(R); \$33(NR) | 4 classes<br>starts Nov 13 |

Line Dance: Adults, Beginner

Step it up! Get your steps in learning the latest nightclub line dances in this beginner level course that builds from simple to more complex dance patterns! Line dancing is easy to learn patterns of repeated steps done as a group in rows. Improve your fitness, social life, and feel great while moving to energetic music!

| Cedar Heights Community Center<br>cedarheightscc@pgparks.com                  |  |                             |
|---|--|-----------------------------|
| 23407-512E<br>Sat   | 18 & up<br>10:00 - 11:00am<br>\$35(R); \$46(NR)  | 6 classes<br>starts Sep 2   |
| 23407-512C<br>Mon   | 18 & up<br>9:15 - 10:15am<br>\$35(R); \$46(NR)   | 6 classes<br>starts Sep 4   |
| 23407-512A<br>Tue   | 18 & up<br>9:15 - 10:15am<br>\$35(R); \$46(NR)   | 6 classes<br>starts Sep 5   |
| 23407-512G<br>Thu   | 18 & up<br>10:00 - 11:00am<br>\$35(R); \$46(NR)  | 6 classes<br>starts Sep 7   |
| 23407-512H<br>Thu   | 18 & up<br>10:00 - 11:00am<br>\$35(R); \$46(NR)  | 7 classes<br>starts Oct 19  |
| 23407-512F<br>Sat   | 18 & up<br>10:00 - 11:00am<br>\$35(R); \$46(NR)  | 6 classes<br>starts Oct 21  |
| 23407-512D<br>Mon   | 18 & up<br>9:15 - 10:15am<br>\$35(R); \$46(NR)   | 6 classes<br>starts Oct 23  |
| 23407-512B<br>Tue   | 18 & up<br>9:15 - 10:15am<br>\$35(R); \$46(NR)   | 6 classes<br>starts Oct 24  |
| Glenarden Community Center<br>glenardenc@pgparks.com                          |  |                             |
| 23407-526A<br>Tue, Fri  | 18 & up<br>11:00am - 1:00pm<br>\$25(R); \$33(NR) | 12 classes<br>starts Oct 3  |
| Glenn Dale Community Center<br>glenndalecc@pgparks.com                        |  |                             |
| 23407-527AA<br>Tue  | 18 & up<br>10:00 - 11:30am<br>\$25(R); \$33(NR)  | 6 classes<br>starts Sep 12  |
| 23407-527CC<br>Thu  | 18 & up<br>1:00 - 2:30pm<br>\$25(R); \$33(NR)    | 6 classes<br>starts Sep 14  |
| 23407-527B<br>Mon, Wed  | 18 & up<br>6:30 - 8:30pm<br>\$30(R); \$39(NR)    | 12 classes<br>starts Oct 30 |
| 23407-527BB<br>Tue  | 18 & up<br>10:00 - 11:30am<br>\$25(R); \$33(NR)  | 6 classes<br>starts Oct 31  |
| 23407-527DD<br>Thu  | 18 & up<br>1:00 - 2:30pm<br>\$25(R); \$33(NR)    | 6 classes<br>starts Nov 2   |
| Good Luck Community Center<br>goodluckcc@pgparks.com                          |  |                             |
| 23407-529AA<br>Wed  | 18 & up<br>6:00 - 8:00pm<br>\$45(R); \$59(NR)    | 8 classes<br>starts Sep 13  |
| Huntington Community Center<br>huntingtoncc@pgparks.com                       |  |                             |
| 23407-535A<br>Mon   | 18 & up<br>1:00 - 2:30pm<br>\$40(R); \$52(NR)    | 8 classes<br>starts Sep 11  |
| Largo/Kettering/Perrywood Comm. Ctr.<br>largoketteringperrywoodcc@pgparks.com |  |                             |
| 23407-545A<br>Thu   | 18 & up<br>7:00 - 8:00pm<br>\$36(R); \$47(NR)    | 6 classes<br>starts Sep 7   |
| 23407-545B<br>Thu   | 18 & up<br>7:00 - 8:00pm<br>\$30(R); \$39(NR)    | 7 classes<br>starts Oct 19  |
| Patuxent Community Center<br>patuxentcc@pgparks.com                           |  |                             |
| 23407-560A<br>Tue   | 18 & up<br>6:30 - 8:00pm<br>\$39(R); \$51(NR)    | 6 classes<br>starts Sep 5   |
| 23407-560B<br>Tue   | 18 & up<br>6:30 - 8:00pm<br>\$39(R); \$51(NR)    | 6 classes<br>starts Oct 17  |

| Upper Marlboro Community Center<br>uppermarlborocc@pgparks.com |   |                            |
|--|---|----------------------------|
| 23407-586C<br>Wed  | 18 & up<br>5:30 - 6:30pm<br>\$36(R); \$47(NR) | 6 classes<br>starts Sep 6  |
| 23407-586D<br>Wed  | 18 & up<br>5:30 - 6:30pm<br>\$36(R); \$47(NR) | 6 classes<br>starts Oct 18 |

Line Dance: Adults, Intermediate

Keep one step ahead of others on the dance floor! Learn the latest line dance moves in this intermediate level class. Improve your technique, skill, and steps with other new friends you’ll make through this course. Practice makes perfect!

| Cedar Heights Community Center<br>cedarheightscc@pgparks.com |   |                            |
|--|---|----------------------------|
| 23408-512A<br>Fri  | 18 & up<br>10:00 - 11:00am<br>\$35(R); \$46(NR) | 6 classes<br>starts Sep 1  |
| 23408-512C<br>Sat  | 18 & up<br>12:00 - 1:00pm<br>\$35(R); \$46(NR)  | 6 classes<br>starts Sep 2  |
| 23408-512E<br>Wed  | 18 & up<br>6:00 - 7:30pm<br>\$35(R); \$46(NR)   | 6 classes<br>starts Sep 6  |
| 23408-512B<br>Fri  | 18 & up<br>10:00 - 11:00am<br>\$35(R); \$46(NR) | 6 classes<br>starts Oct 20 |
| 23408-512D<br>Sat  | 18 & up<br>12:00 - 1:00pm<br>\$35(R); \$46(NR)  | 6 classes<br>starts Oct 21 |
| 23408-512F<br>Wed  | 18 & up<br>6:00 - 7:30pm<br>\$35(R); \$46(NR)   | 6 classes<br>starts Oct 25 |

SENIORS

Hand Dance: Seniors

Learn the area’s hottest dance style! Evolving from the Lindy Hop and Jitterbug, this is a form of swing style partner dance full of aerobic fitness benefits. You’ll expand your social circle, lift your mood, and develop dance skills others will envy. From beginners to the more experienced, we’ll have all levels of dancers on the floor.

| Lake Arbor Community Center<br>lakearborcc@pgparks.com |   |                            |
|--|---|----------------------------|
| 23510-541A<br>Mon                                      | 60 & up<br>10:00 - 11:30am<br>\$55(R); \$72(NR) | 6 classes<br>starts Sep 11 |
| 23510-541B<br>Mon                                      | 60 & up<br>10:00 - 11:30am<br>\$55(R); \$72(NR) | 6 classes<br>starts Oct 23 |

Line Dance: Seniors, Beginner

Step it up! Get your steps in learning the latest nightclub line dances in this beginner level course that builds from simple to more complex dance patterns! Line dancing is easy to learn patterns of repeated steps done as a group in rows. Improve your fitness, social life, and feel great while moving to energetic music!

| Bladensburg Community Center<br>bladensburgcc@pgparks.com                    |   |                            |
|--|---|----------------------------|
| 23501-507A<br>Fri  | 60 & up<br>10:00 - 11:00am<br>\$20(R); \$26(NR)   | 4 classes<br>starts Sep 15 |
| 23501-507B<br>Fri  | 60 & up<br>10:00 - 11:00am<br>\$20(R); \$26(NR)   | 4 classes<br>starts Oct 20 |
| Bowie Community Center<br>bowiecc@pgparks.com                                |   |                            |
| 23501-509A<br>Thu  | 60 & up<br>11:00am - 12:00pm<br>\$60(R); \$78(NR) | 10 classes<br>starts Sep 7 |
| Laurel-Beltsville Senior Activity Ctr<br>laurelbeltsvilleseniors@pgparks.com |   |                            |
| 23501-546A<br>Tue  | 60 & up<br>11:00am - 12:00pm<br>\$52(R); \$68(NR) | 6 classes<br>starts Sep 5  |
| 23501-546B<br>Tue  | 60 & up<br>11:00am - 12:00pm<br>\$52(R); \$68(NR) | 6 classes<br>starts Oct 17 |





**Southern Reg Tec & Rec Complex   techrec@pgparks.com**

|                          |   |                            |
|--------------------------|---|----------------------------|
| <b>23501-577A</b><br>Mon | 60 & up<br>10:30am - 12:00pm<br>\$30(R); \$39(NR) | 6 classes<br>starts Sep 11 |
| <b>23501-577B</b><br>Mon | 60 & up<br>10:30am - 12:00pm<br>\$30(R); \$39(NR) | 6 classes<br>starts Oct 23 |

**Line Dance: Seniors, Intermediate**

Keep a spring in your step! Learn the newest line dances and techniques in this basic class. Medical research states that frequent dancing offers protection from various forms of dementia, in addition to improved balance, self-confidence, and burned calories. Step in the right direction toward a healthy lifestyle!

**Bladensburg Community Center  
bladensburgcc@pgparks.com**

|                          |   |                            |
|--------------------------|---|----------------------------|
| <b>23508-507A</b><br>Fri | 60 & up<br>11:00am - 12:00pm<br>\$20(R); \$26(NR) | 4 classes<br>starts Sep 15 |
| <b>23508-507B</b><br>Fri | 60 & up<br>11:00am - 12:00pm<br>\$20(R); \$26(NR) | 4 classes<br>starts Oct 20 |

**Bowie Community Center                   bowiecc@pgparks.com**

|                          |  |                            |
|--------------------------|--|----------------------------|
| <b>23508-509A</b><br>Thu | 60 & up<br>12:00 - 1:00pm<br>\$60(R); \$78(NR) | 10 classes<br>starts Sep 7 |
|--------------------------|--|----------------------------|

**MIXED AGES**

**Ballet and Tap: Mixed Ages**

Do you think dancing is “tutu” much? Discover the secret that football players and non-athletes have learned as you dance away your fears to better health in our introduction class of basic ballet positions, and tap dance steps. You’ll build self-confidence, strength, better posture, flexibility, and so much more. Ballet and tap shoes are needed.

**Langley Park Community Center  
langleyparkcc@pgparks.com**

|                               |   |                             |
|-------------------------------|---|-----------------------------|
| <b>23603-543B</b><br>Wed, Fri | 4 - 6yrs.<br>4:00 - 4:45pm<br>\$118(R); \$154(NR) | 22 classes<br>starts Sep 13 |
|-------------------------------|---|-----------------------------|

**Ballet, Tap and Jazz: Mixed Ages**

This class gives students a firm foundation in ballet, tap, and jazz dance in a positive atmosphere. Emphasis on proper execution, technique, body placement and dance vocabulary.

**Good Luck Community Center  
goodluckcc@pgparks.com**

|                           |   |                            |
|---------------------------|---|----------------------------|
| <b>23604-529AA</b><br>Tue | 9 - 13yrs.<br>6:00 - 9:00pm<br>\$100(R); \$130(NR)    | 8 classes<br>starts Sep 12 |
| <b>23604-529BB</b><br>Thu | 2 - 13yrs.<br>6:00 - 9:00pm<br>\$100(R); \$130(NR)    | 8 classes<br>starts Sep 14 |
| <b>23604-529CC</b><br>Sat | 5 - 6yrs.<br>10:30am - 12:30pm<br>\$100(R); \$130(NR) | 8 classes<br>starts Sep 16 |

**Dance: Mixed Ages**

Did you know dancing is art and poetry in motion? Move into a masterpiece! You’ll learn the techniques and foundations of various dances. Improve your self-confidence, social skills, and lift your mood. Try this class and move your way into shape!

**College Park Community Center  
collegeparkcc@pgparks.com**

|                          |   |                            |
|--------------------------|---|----------------------------|
| <b>23612-516E</b><br>Sat | 6 - 13yrs.<br>12:00 - 1:00pm<br>\$35(R); \$46(NR) | 6 classes<br>starts Sep 16 |
| <b>23612-516F</b><br>Sat | 6 - 13yrs.<br>12:00 - 1:00pm<br>\$35(R); \$46(NR) | 6 classes<br>starts Nov 4  |

**Guitar: Mixed Ages, Beginner**

Want to be a real guitar hero? Guitar lessons build memory, creativity, discipline, self-esteem and so much more. Bring your guitar and learn fingering, chords, simple scales, and songs. Release your inner musician!

**Lake Arbor Community Center  
lakearborcc@pgparks.com**

|                          |  |                            |
|--------------------------|--|----------------------------|
| <b>23619-541A</b><br>Mon | 5 & up<br>6:30 - 7:30pm<br>\$60(R); \$78(NR) | 4 classes<br>starts Sep 4  |
| <b>23619-541B</b><br>Mon | 5 & up<br>6:30 - 7:30pm<br>\$60(R); \$78(NR) | 4 classes<br>starts Oct 2  |
| <b>23619-541C</b><br>Mon | 5 & up<br>6:30 - 7:30pm<br>\$60(R); \$78(NR) | 4 classes<br>starts Oct 30 |

**South Bowie Community Center  
southbowiecc@pgparks.com**

|                          |   |                            |
|--------------------------|---|----------------------------|
| <b>23619-574A</b><br>Sat | 6 - 99yrs.<br>9:45 - 10:30am<br>\$45(R); \$59(NR) | 8 classes<br>starts Sep 9  |
| <b>23619-574B</b><br>Sat | 6 - 99yrs.<br>9:45 - 10:30am<br>\$23(R); \$30(NR) | 4 classes<br>starts Nov 11 |

**Guitar: Mixed Ages, Intermediate**

The next level from the beginning course. Students will work more on their technique.

**Lake Arbor Community Center  
lakearborcc@pgparks.com**

|                          |  |                           |
|--------------------------|--|---------------------------|
| <b>23620-541A</b><br>Wed | 5 & up<br>6:30 - 7:30pm<br>\$60(R); \$78(NR) | 4 classes<br>starts Sep 6 |
| <b>23620-541B</b><br>Wed | 5 & up<br>6:30 - 7:30pm<br>\$60(R); \$78(NR) | 4 classes<br>starts Oct 4 |
| <b>23620-541C</b><br>Wed | 5 & up<br>6:30 - 7:30pm<br>\$60(R); \$78(NR) | 4 classes<br>starts Nov 1 |

**Hand Dance: Intermediate**

Learn intermediate level steps to the hottest dance form in the area.

**Harmony Hall Regional Center  
harmonyhallrc@pgparks.com**

|                          |  |                             |
|--------------------------|--|-----------------------------|
| <b>23621-532A</b><br>Mon | 21 & up<br>7:30 - 8:30pm<br>\$84(R); \$110(NR) | 12 classes<br>starts Sep 11 |
|--------------------------|--|-----------------------------|

**Hip-Hop: Mixed Ages, Beginner**

Get your kid up and dancing! Hip-hop dance is an aerobic way for children to get healthy while developing memory, judgment, and reasoning skills. This is an art form which builds hip-hop dance techniques and self-confidence the fun way. Sign up and get in on the action!

**College Park Community Center  
collegeparkcc@pgparks.com**

|                           |  |                            |
|---------------------------|--|----------------------------|
| <b>23601-516AA</b><br>Sat | 6 - 13yrs.<br>10:00 - 11:00am<br>\$35(R); \$46(NR) | 6 classes<br>starts Sep 16 |
| <b>23601-516BB</b><br>Sat | 6 - 13yrs.<br>10:00 - 11:00am<br>\$35(R); \$46(NR) | 6 classes<br>starts Nov 4  |

**Intro To Poms Dance**

Hands on your hips, a smile on your lips, spirit in your heart, get ready to start! Join our energetic pom squad. Using pom-poms, learn specific dance styles (hip-hop, jazz, or lyrical) and technical work (leaps, turns, kicks, splits, jumps) for an exciting routine. Build friendships, improve your social skills, and develop self-confidence as you get great exercise dancing with your new team. Reserve your spot and show us your enthusiasm.

**Glenn Dale Community Center  
glenndalecc@pgparks.com**

|                          |  |                            |
|--------------------------|--|----------------------------|
| <b>23669-527A</b><br>Tue | 6 - 13yrs.<br>7:00 - 8:00pm<br>\$30(R); \$39(NR) | 6 classes<br>starts Sep 19 |
| <b>23669-527B</b><br>Tue | 6 - 13yrs.<br>7:00 - 8:00pm<br>\$30(R); \$39(NR) | 6 classes<br>starts Nov 7  |

**Jazz, Modern, and Hip Hop**

This class is where culture, modern dance, and hip-hop intersect with a twist! This jazz class uniquely applies modern and hip-hop styles of dance to African dance. You will gain mental focus, stamina, flexibility, new friends, and get a great workout! Let this course be your outlet for artistic expression. Join us and get moving!

**Glenn Dale Community Center  
glenndalecc@pgparks.com**

|                          |  |                            |
|--------------------------|--|----------------------------|
| <b>23607-527A</b><br>Mon | 6 - 14yrs.<br>7:30 - 9:00pm<br>\$45(R); \$59(NR) | 6 classes<br>starts Sep 18 |
|--------------------------|--|----------------------------|

**Line Dance: Freestyle**

Let your creativity loose on the dance floor! Learn all the latest freestyle dances suitable for beginners and seasoned line dancers. Enjoy the benefits of boosted memory capacity, improved coordination, increased mobility, and more. Sign up for this great way to exercise, socialize, and energize yourself.

**Baden Community Center                   badencc@pgparks.com**

|                          |   |                            |
|--------------------------|---|----------------------------|
| <b>23624-504A</b><br>Thu | 13 & up<br>7:00 - 8:00pm<br>\$42(R); \$55(NR) | 6 classes<br>starts Sep 7  |
| <b>23624-504B</b><br>Thu | 13 & up<br>7:00 - 8:00pm<br>\$42(R); \$55(NR) | 7 classes<br>starts Oct 19 |

**Line Dance: Mixed Ages, Beginner**

Step it up! Get your steps in learning the latest nightclub line dances in this beginner level course that builds from simple to more complex dance patterns! Line dancing is easy to learn patterns of repeated steps done as a group in rows. Improve your fitness, social life, and feel great while moving to energetic music!

**Glenn Dale Community Center  
glenndalecc@pgparks.com**

|                          |  |                            |
|--------------------------|--|----------------------------|
| <b>23645-527A</b><br>Tue | 18 & up<br>9:00 - 10:00am<br>\$25(R); \$33(NR) | 6 classes<br>starts Sep 12 |
| <b>23645-527B</b><br>Tue | 18 & up<br>9:00 - 10:00am<br>\$25(R); \$33(NR) | 6 classes<br>starts Oct 31 |

**Line Dance: Mixed Ages, Intermediate**

Keep one step ahead of others on the dance floor! Learn the latest line dance moves in this intermediate level class. Improve your technique, skill, and steps with other new friends you’ll make through this course. Practice makes perfect!

**Indian Queen Recreation Center  
harmonyhallrc@pgparks.com**

|                          |   |                            |
|--------------------------|---|----------------------------|
| <b>23646-536A</b><br>Tue | 13 & up<br>7:00 - 8:30pm<br>\$46(R); \$60(NR) | 6 classes<br>starts Sep 5  |
| <b>23646-536B</b><br>Tue | 13 & up<br>7:00 - 8:30pm<br>\$39(R); \$51(NR) | 5 classes<br>starts Oct 24 |

**Line Dance: Mixed Ages, Mixed Levels**

Ready for high energy fun? Join beginner and intermediate line dance learners for an exciting class of rhythmic activity. From simple to more complex moves, line dancing can have country, international, or urban origins. Put your own fresh spin on what you already know or have learned in class. Sign up now to lift your mood and heart rate through this joy-filled form of dance.

**Potomac Landing Community Center  
potomaclandingcc@pgparks.com**

|                          |  |                            |
|--------------------------|--|----------------------------|
| <b>23639-565A</b><br>Sat | 13 & up<br>12:00 - 1:30pm<br>\$51(R); \$67(NR) | 6 classes<br>starts Sep 2  |
| <b>23639-565B</b><br>Sat | 13 & up<br>12:00 - 1:30pm<br>\$42(R); \$55(NR) | 5 classes<br>starts Oct 21 |

**Southern Reg Tec & Rec Complex   techrec@pgparks.com**

|                          |   |                            |
|--------------------------|---|----------------------------|
| <b>23639-577A</b><br>Thu | 13 & up<br>6:30 - 8:00pm<br>\$51(R); \$67(NR) | 6 classes<br>starts Sep 7  |
| <b>23639-577B</b><br>Thu | 13 & up<br>6:30 - 8:00pm<br>\$34(R); \$45(NR) | 4 classes<br>starts Oct 26 |

Modern Dance, Mixed Ages

Students will learn the proper form and technique of modern dance.

| Bowie Community Center | bowieecc@pgparks.com                              |                             |
|------------------------|---|-----------------------------|
| 23664-509A<br>Tue, Thu | 12 - 17yrs.<br>6:30 - 7:30pm<br>\$75(R); \$98(NR) | 10 classes<br>starts Sep 5  |
| 23664-509B<br>Tue, Thu | 12 - 17yrs.<br>6:30 - 7:30pm<br>\$75(R); \$98(NR) | 10 classes<br>starts Oct 10 |

Pre-Ballet

Dreaming of dancing? Your child will enter the graceful world of ballet as they learn creative movement and rhythm. Little ones will develop skills in listening, coordination, and muscle control while increasing their overall body awareness. What an exciting way for children to build their self-confidence also as they move to the music. Don't let your child miss the opportunity to release the twinkle in their toes!

| Bowie Community Center | bowieecc@pgparks.com                              |                            |
|------------------------|---|----------------------------|
| 23617-509E<br>Wed      | 5 - 7yrs.<br>4:00 - 5:00pm<br>\$45(R); \$59(NR)   | 6 classes<br>starts Sep 6  |
| 23617-509A<br>Sat      | 5 - 7yrs.<br>10:00 - 11:00am<br>\$45(R); \$59(NR) | 6 classes<br>starts Sep 9  |
| 23617-509C<br>Sat      | 5 - 7yrs.<br>12:15 - 1:15pm<br>\$45(R); \$59(NR)  | 6 classes<br>starts Sep 9  |
| 23617-509F<br>Wed      | 5 - 7yrs.<br>4:00 - 5:00pm<br>\$45(R); \$59(NR)   | 6 classes<br>starts Oct 18 |
| 23617-509B<br>Sat      | 5 - 7yrs.<br>10:00 - 11:00am<br>\$45(R); \$59(NR) | 6 classes<br>starts Oct 21 |
| 23617-509D<br>Sat      | 5 - 7yrs.<br>12:15 - 1:15pm<br>\$45(R); \$59(NR)  | 6 classes<br>starts Oct 21 |

Theatre Skills Workshop

Steal the spotlight! Discover the excitement of live theatre. Acquire skill in how to stage a play including acting, stage and costume design, and stage presence. Sign up today to build self-confidence and a network of friends as you prepare for a production to show an audience. At the end of our workshop, we will present our play to family and friends.

| Huntington Community Center | huntingtoncc@pgparks.com                         |                            |
|-----------------------------|--|----------------------------|
| 23626-535A<br>Wed           | 9 - 15yrs.<br>6:00 - 8:00pm<br>\$50(R); \$65(NR) | 9 classes<br>starts Sep 13 |

Theatre: Home-School

Get in on the act and explore the high energy of the dramatic arts. Gain an enriching experience with other homeschoolers as you learn the basics of theatre production. Discover what it takes to bring an idea for a play to life on stage and behind the curtains. Grow in your self-confidence and develop in your skills for public or private performances. You will be a hard act to follow when you learn theatre.

| Huntington Community Center | huntingtoncc@pgparks.com                             |                            |
|-----------------------------|--|----------------------------|
| 23628-535A<br>Tue           | 8 - 14yrs.<br>11:00am - 12:30pm<br>\$50(R); \$65(NR) | 8 classes<br>starts Sep 26 |

Voice: Mixed Ages

Sing out loud and sing out strong! Whether you want to improve for public performance or to achieve your personal best, we will help you develop your ability to sing. Study tone production, breathing, and related singing skills. Build a sense of community with other participants, improve your mental alertness, and decrease your stress levels through this energizing course. Get started today and you will change your tune for the better.

| Harmony Hall Arts Center | harmonyhallarts@pgparks.com                   |                             |
|--------------------------|---|-----------------------------|
| 23630-503B<br>Tue        | 13 & up<br>6:00 - 7:30pm<br>\$60(R); \$78(NR) | 10 classes<br>starts Sep 12 |

Seasonal & Community Events

SENIORS

Active Aging Week: Seniors

Come and take an active aging week adventure with us!

| Glenn Dale Community Center | glenndaleecc@pgparks.com           |                          |
|-----------------------------|------------------------------------|--------------------------|
| 26501-527E<br>Mon           | 60 & up<br>10:00 - 11:00am<br>Free | 1 class<br>starts Sep 18 |
| 26501-527C<br>Tue           | 60 & up<br>10:00 - 11:00am<br>Free | 1 class<br>starts Sep 19 |
| 26501-527D<br>Wed           | 60 & up<br>10:00 - 11:00am<br>Free | 1 class<br>starts Sep 20 |
| 26501-527B<br>Thu           | 60 & up<br>10:00 - 11:00am<br>Free | 1 class<br>starts Sep 21 |

Sports

PRE-SCHOOLERS

Basketball Skills: Pre-Schoolers

Your little one could be big in the game of basketball! Introduce him or her to the exciting world of team sports and you might have a future star in your household. Join us as we train in basketball skills and drills especially designed for pre-school kids. Basketball is excellent for building self-esteem, balance, coordination, and teaching discipline.

| College Park Community Center | collegeparkcc@pgparks.com                         |                            |
|-------------------------------|---|----------------------------|
| 27114-516A<br>Sat             | 3 - 5yrs.<br>10:30 - 11:15am<br>\$35(R); \$46(NR) | 6 classes<br>starts Sep 16 |
| 27114-516B<br>Sat             | 3 - 5yrs.<br>10:30 - 11:15am<br>\$35(R); \$46(NR) | 6 classes<br>starts Nov 4  |

| Deerfield Run Community Center | deerfieldcc@pgparks.com                          |                           |
|--------------------------------|--|---------------------------|
| 27114-520A<br>Sat              | 4 - 5yrs.<br>9:30 - 10:15am<br>\$50(R); \$65(NR) | 8 classes<br>starts Sep 9 |

| Good Luck Community Center | goodluckcc@pgparks.com                            |                            |
|----------------------------|---|----------------------------|
| 27114-529AA<br>Sat         | 3 - 4yrs.<br>12:00 - 12:50pm<br>\$45(R); \$59(NR) | 8 classes<br>starts Sep 16 |

| Largo/Kettering/Perrywood Comm. Ctr. | largoketteringperrywoodcc@pgparks.com            |                            |
|--------------------------------------|--|----------------------------|
| 27114-545A<br>Sat                    | 3 - 4yrs.<br>9:00 - 9:30am<br>\$42(R); \$55(NR)  | 6 classes<br>starts Sep 2  |
| 27114-545B<br>Sat                    | 3 - 5yrs.<br>9:30 - 10:00am<br>\$42(R); \$55(NR) | 6 classes<br>starts Oct 14 |

| Patuxent Community Center | patuxentcc@pgparks.com                          |                            |
|---------------------------|---|----------------------------|
| 27114-560 A<br>Wed        | 3 - 5yrs.<br>6:00 - 7:15pm<br>\$39(R); \$51(NR) | 6 classes<br>starts Sep 6  |
| 27114-560B<br>Wed         | 3 - 5yrs.<br>6:00 - 7:15pm<br>\$39(R); \$51(NR) | 6 classes<br>starts Oct 18 |

| Peppermill Community Center | peppermillcc@pgparks.com                          |                            |
|-----------------------------|---|----------------------------|
| 27114-562A<br>Sat           | 3 - 5yrs.<br>10:00 - 11:00am<br>\$50(R); \$65(NR) | 6 classes<br>starts Sep 2  |
| 27114-562B<br>Sat           | 3 - 5yrs.<br>10:00 - 11:00am<br>\$50(R); \$65(NR) | 6 classes<br>starts Oct 14 |

Basketball: Pre-Schoolers

Jumpstart your preschool-aged kids' basketball skills. Your child will be introduced to the sport of basketball and learn the fundamentals of the sport. Parent participation is highly encouraged.

| Palmer Park Community Center | palmerparkcc@pgparks.com                          |                           |
|------------------------------|---|---------------------------|
| 27115-557E<br>Wed            | 3 - 5yrs.<br>6:00 - 7:00pm<br>\$20(R); \$26(NR)   | 4 classes<br>starts Oct 4 |
| 27115-557B<br>Sat            | 3 - 5yrs.<br>10:00 - 11:00am<br>\$20(R); \$26(NR) | 4 classes<br>starts Oct 7 |
| 27115-557F<br>Wed            | 3 - 5yrs.<br>6:00 - 7:00pm<br>\$15(R); \$20(NR)   | 3 classes<br>starts Nov 1 |
| 27115-557C<br>Sat            | 3 - 5yrs.<br>10:00 - 11:00am<br>\$15(R); \$20(NR) | 3 classes<br>starts Nov 4 |

Gymnastics: Gym Kids

Do you have an elastic, gymnastic kid in your house? Stretch their imagination and bodies in this fun class of skill development on all gymnastics equipment! We emphasize mastering basic locomotive development, socialization, and listening skills.

| Fairland Sports Complex | fairlandsports@pgparks.com                          |                             |
|-------------------------|---|-----------------------------|
| 27102-523D<br>Tue       | 4 - 5yrs.<br>6:00 - 6:45pm<br>\$174(R); \$227(NR)   | 12 classes<br>starts Sep 5  |
| 27102-523E<br>Wed       | 4 - 5yrs.<br>6:30 - 7:15pm<br>\$189(R); \$246(NR)   | 13 classes<br>starts Sep 6  |
| 27102-523F<br>Thu       | 4 - 5yrs.<br>6:00 - 6:45pm<br>\$174(R); \$227(NR)   | 12 classes<br>starts Sep 7  |
| 27102-523G<br>Sat       | 4 - 5yrs.<br>10:30 - 11:15am<br>\$189(R); \$246(NR) | 13 classes<br>starts Sep 9  |
| 27102-523A<br>Mon       | 4 - 5yrs.<br>5:30 - 6:15pm<br>\$174(R); \$227(NR)   | 12 classes<br>starts Sep 11 |
| 27102-523B<br>Mon       | 4 - 5yrs.<br>6:30 - 7:15pm<br>\$174(R); \$227(NR)   | 12 classes<br>starts Sep 11 |

| Prince George's Sports & Learn Cmplx | splex@pgparks.com  |                             |
|--------------------------------------|--|-----------------------------|
| 27102-568B<br>Tue                    | 4yrs.<br>10:00 - 10:45am<br>\$177(R); \$231(NR); \$133(IA)   | 12 classes<br>starts Sep 5  |
| 27102-568H<br>Tue                    | 4yrs.<br>4:30 - 5:15pm<br>\$177(R); \$231(NR); \$133(IA)     | 12 classes<br>starts Sep 5  |
| 27102-568I<br>Tue                    | 4yrs.<br>5:30 - 6:15pm<br>\$177(R); \$231(NR); \$133(IA)     | 12 classes<br>starts Sep 5  |
| 27102-568J<br>Wed                    | 4yrs.<br>4:45 - 5:30pm<br>\$177(R); \$231(NR); \$133(IA)     | 12 classes<br>starts Sep 6  |
| 27102-568K<br>Wed                    | 4yrs.<br>5:45 - 6:30pm<br>\$177(R); \$231(NR); \$133(IA)     | 12 classes<br>starts Sep 6  |
| 27102-568O<br>Wed                    | 4yrs.<br>6:30 - 7:15pm<br>\$177(R); \$231(NR); \$133(IA)     | 12 classes<br>starts Sep 6  |
| 27102-568D<br>Thu                    | 4yrs.<br>4:30 - 5:15pm<br>\$177(R); \$231(NR); \$133(IA)     | 12 classes<br>starts Sep 7  |
| 27102-568P<br>Thu                    | 4yrs.<br>5:30 - 6:15pm<br>\$177(R); \$231(NR); \$133(IA)     | 12 classes<br>starts Sep 7  |
| 27102-568C<br>Thu                    | 4yrs.<br>6:15 - 7:00pm<br>\$177(R); \$231(NR); \$133(IA)     | 12 classes<br>starts Sep 7  |
| 27102-568L<br>Sat                    | 4yrs.<br>10:30 - 11:15am<br>\$163(R); \$212(NR); \$123(IA)   | 11 classes<br>starts Sep 9  |
| 27102-568M<br>Sat                    | 4yrs.<br>11:15am - 12:00pm<br>\$163(R); \$212(NR); \$123(IA) | 11 classes<br>starts Sep 9  |
| 27102-568N<br>Sat                    | 4yrs.<br>12:00 - 12:45pm<br>\$163(R); \$212(NR); \$123(IA)   | 11 classes<br>starts Sep 9  |
| 27102-568E<br>Sat                    | 4yrs.<br>9:15 - 10:00am<br>\$163(R); \$212(NR); \$123(IA)    | 11 classes<br>starts Sep 9  |
| 27102-568A<br>Mon                    | 4yrs.<br>4:30 - 5:15pm<br>\$177(R); \$231(NR); \$133(IA)     | 12 classes<br>starts Sep 11 |
| 27102-568F<br>Mon                    | 4yrs.<br>5:30 - 6:15pm<br>\$177(R); \$231(NR); \$133(IA)     | 12 classes<br>starts Sep 11 |



Gymnastics: One, Two & You

Giggles, growing, and gymnastics! This co-ed class has it all as we develop your child’s motor skills, eye/ hand coordination, body awareness, socialization, and listening skills. Join other lively pre-schoolers and parents in this fun-filled course! Adult participation is required and only registered students may be in the gym.

| Fairland Sports Complex      fairlandsports@pgparks.com   |  |                             |
|---|--|-----------------------------|
| <b>27103-523A</b><br>Wed                                  | 18mos. - 3yrs.<br>10:00am - 10:45pm<br>\$189(R); \$246(NR)         | 13 classes<br>starts Sep 6  |
| <b>27103-523C</b><br>Sat                                  | 18mos. - 3yrs.<br>10:30 - 11:15am<br>\$189(R); \$246(NR)           | 13 classes<br>starts Sep 9  |
| <b>27103-523b</b><br>Sat                                  | 18mos. - 3yrs.<br>9:30 - 10:15am<br>\$189(R); \$246(NR)            | 13 classes<br>starts Sep 9  |
| Prince George’s Sports & Learn Cmplx<br>splex@pgparks.com |  |                             |
| <b>27103-568B</b><br>Tue                                  | 1.6 - 3.6yrs.<br>10:45 - 11:30am<br>\$177(R); \$231(NR); \$133(IA) | 12 classes<br>starts Sep 5  |
| <b>27103-568C</b><br>Tue                                  | 1.6 - 3.6yrs.<br>6:15 - 7:00pm<br>\$177(R); \$231(NR); \$133(IA)   | 12 classes<br>starts Sep 5  |
| <b>27103-568E</b><br>Sat                                  | 1.6 - 3.6yrs.<br>10:00 - 10:45am<br>\$163(R); \$212(NR); \$123(IA) | 11 classes<br>starts Sep 9  |
| <b>27103-568F</b><br>Sat                                  | 1.6 - 3.6yrs.<br>10:45 - 11:30am<br>\$163(R); \$212(NR); \$123(IA) | 11 classes<br>starts Sep 9  |
| <b>27103-568A</b><br>Mon                                  | 1.6 - 3.6yrs.<br>6:15 - 7:00pm<br>\$177(R); \$231(NR); \$133(IA)   | 12 classes<br>starts Sep 11 |

Gymnastics: Pre-Schoolers, Girls, Bronze Level

Introduces basic gymnastics, dance, and strength skills. Apparatus, including vault, bars, beam, tumbling mats, and trampoline will be utilized. Prerequisites: none.

| Prince George’s Sports & Learn Cmplx<br>splex@pgparks.com |  |                             |
|---|--|-----------------------------|
| <b>27101-568H</b><br>Tue                                  | 5yrs.<br>4:30 - 5:30pm<br>\$196(R); \$255(NR); \$147(IA)   | 12 classes<br>starts Sep 5  |
| <b>27101-568L</b><br>Tue                                  | 5yrs.<br>5:45 - 6:45pm<br>\$196(R); \$255(NR); \$147(IA)   | 12 classes<br>starts Sep 5  |
| <b>27101-568K</b><br>Tue, Thu                             | 5yrs.<br>5:45 - 6:45pm<br>\$340(R); \$442(NR); \$255(IA)   | 24 classes<br>starts Sep 5  |
| <b>27101-568F</b><br>Wed                                  | 5yrs.<br>4:30 - 5:30pm<br>\$196(R); \$255(NR); \$147(IA)   | 12 classes<br>starts Sep 6  |
| <b>27101-568G</b><br>Wed                                  | 5yrs.<br>5:30 - 6:30pm<br>\$196(R); \$255(NR); \$147(IA)   | 12 classes<br>starts Sep 6  |
| <b>27101-568D</b><br>Thu                                  | 5yrs.<br>5:45 - 6:45pm<br>\$196(R); \$255(NR); \$147(IA)   | 12 classes<br>starts Sep 7  |
| <b>27101-568E</b><br>Thu                                  | 5yrs.<br>6:45 - 7:45pm<br>\$196(R); \$255(NR); \$147(IA)   | 12 classes<br>starts Sep 7  |
| <b>27101-568B</b><br>Sat                                  | 5yrs.<br>10:15 - 11:15am<br>\$180(R); \$234(NR); \$135(IA) | 11 classes<br>starts Sep 9  |
| <b>27101-568C</b><br>Sat                                  | 5yrs.<br>12:30 - 1:30pm<br>\$180(R); \$234(NR); \$135(IA)  | 11 classes<br>starts Sep 9  |
| <b>27101-568A</b><br>Sat                                  | 5yrs.<br>9:15 - 10:15am<br>\$180(R); \$234(NR); \$135(IA)  | 11 classes<br>starts Sep 9  |
| <b>27101-568I</b><br>Mon                                  | 5yrs.<br>5:30 - 6:30pm<br>\$196(R); \$255(NR); \$147(IA)   | 12 classes<br>starts Sep 11 |
| <b>27101-568J</b><br>Mon                                  | 5yrs.<br>6:30 - 7:30pm<br>\$196(R); \$255(NR); \$147(IA)   | 12 classes<br>starts Sep 11 |

Gymnastics: Tiny Tumblers

Is your young one always tumbling on the floor, couch, or bed? Harness his or her energy in this exciting co-ed class without parents, where they will learn basic gymnastics on all equipment! We focus on motor skill development, body awareness, eye/hand coordination, socialization, and listening.

| Fairland Sports Complex      fairlandsports@pgparks.com   |  |                             |
|---|--|-----------------------------|
| <b>27104-523B</b><br>Tue                                  | 3 - 4yrs.<br>4:00 - 4:45pm<br>\$189(R); \$246(NR)            | 13 classes<br>starts Sep 5  |
| <b>27104-523C</b><br>Thu                                  | 3 - 4yrs.<br>10:30 - 11:15am<br>\$174(R); \$227(NR)          | 12 classes<br>starts Sep 7  |
| <b>27104-523D</b><br>Thu                                  | 3 - 4yrs.<br>4:00 - 4:45pm<br>\$174(R); \$227(NR)            | 12 classes<br>starts Sep 7  |
| <b>27104-523E</b><br>Sat                                  | 3 - 4yrs.<br>9:30 - 10:15am<br>\$189(R); \$246(NR)           | 13 classes<br>starts Sep 9  |
| <b>27104-523A</b><br>Mon                                  | 3 - 4yrs.<br>4:30 - 5:15pm<br>\$174(R); \$227(NR)            | 12 classes<br>starts Sep 11 |
| Prince George’s Sports & Learn Cmplx<br>splex@pgparks.com |  |                             |
| <b>27104-568D</b><br>Tue                                  | 3yrs.<br>10:00 - 10:45am<br>\$177(R); \$231(NR); \$133(IA)   | 12 classes<br>starts Sep 5  |
| <b>27104-568F</b><br>Tue                                  | 3yrs.<br>4:30 - 5:15pm<br>\$177(R); \$231(NR); \$133(IA)     | 12 classes<br>starts Sep 5  |
| <b>27104-568G</b><br>Tue                                  | 3yrs.<br>5:30 - 6:15pm<br>\$177(R); \$231(NR); \$133(IA)     | 12 classes<br>starts Sep 5  |
| <b>27104-568I</b><br>Wed                                  | 3yrs.<br>4:45 - 5:30pm<br>\$177(R); \$231(NR); \$133(IA)     | 12 classes<br>starts Sep 6  |
| <b>27104-568J</b><br>Wed                                  | 3yrs.<br>5:45 - 6:30pm<br>\$177(R); \$231(NR); \$133(IA)     | 12 classes<br>starts Sep 6  |
| <b>27104-568K</b><br>Wed                                  | 3yrs.<br>6:30 - 7:15pm<br>\$177(R); \$231(NR); \$133(IA)     | 12 classes<br>starts Sep 6  |
| <b>27104-568L</b><br>Thu                                  | 3yrs.<br>4:30 - 5:15pm<br>\$177(R); \$231(NR); \$133(IA)     | 12 classes<br>starts Sep 7  |
| <b>27104-568C</b><br>Thu                                  | 3yrs.<br>5:30 - 6:15pm<br>\$177(R); \$231(NR); \$133(IA)     | 12 classes<br>starts Sep 7  |
| <b>27104-568R</b><br>Thu                                  | 3yrs.<br>6:15 - 7:00pm<br>\$177(R); \$231(NR); \$133(IA)     | 12 classes<br>starts Sep 7  |
| <b>27104-568N</b><br>Sat                                  | 3yrs.<br>10:30 - 11:15am<br>\$163(R); \$212(NR); \$123(IA)   | 11 classes<br>starts Sep 9  |
| <b>27104-568O</b><br>Sat                                  | 3yrs.<br>11:15am - 12:00pm<br>\$163(R); \$212(NR); \$123(IA) | 11 classes<br>starts Sep 9  |
| <b>27104-568P</b><br>Sat                                  | 3yrs.<br>12:00 - 12:45pm<br>\$163(R); \$212(NR); \$123(IA)   | 11 classes<br>starts Sep 9  |
| <b>27104-568M</b><br>Sat                                  | 3yrs.<br>9:15 - 10:00am<br>\$163(R); \$212(NR); \$123(IA)    | 11 classes<br>starts Sep 9  |
| <b>27104-568A</b><br>Mon                                  | 3yrs.<br>4:30 - 5:15pm<br>\$177(R); \$231(NR); \$133(IA)     | 12 classes<br>starts Sep 11 |
| <b>27104-568B</b><br>Mon                                  | 3yrs.<br>5:30 - 6:15pm<br>\$177(R); \$231(NR); \$133(IA)     | 12 classes<br>starts Sep 11 |
| <b>27104-568E</b><br>Mon                                  | 3yrs.<br>6:30 - 7:15pm<br>\$177(R); \$231(NR); \$133(IA)     | 12 classes<br>starts Sep 11 |

Ice Skating: Teddy Bear

Your ice prince or princess doesn’t have to be ‘Frozen’ to master the ice! Join this exciting class where your little one will be empowered with self-confidence to reign in the rink. Instructors will work with both parent and child to help them develop skills including crawling, standing, walking, jumping, hopping, turning, and gliding on ice. Parents are encouraged to wear tennis shoes for walking on carpet alongside their child who wears skates on the ice.

| Herbert W. Wells Ice Rink      wellsicerink@pgparks.com |   |                           |
|---|---|---------------------------|
| <b>27105-533A</b><br>Sat                                | 1 - 4yrs.<br>11:00 - 11:30am<br>\$70(R); \$91(NR)   | 6 classes<br>starts Nov 4 |
| <b>27105-533B</b><br>Sat                                | 1 - 4yrs.<br>11:30am - 12:00pm<br>\$70(R); \$91(NR) | 6 classes<br>starts Nov 4 |
| <b>27105-533C</b><br>Mon                                | 1 - 4yrs.<br>6:30 - 7:00pm<br>\$70(R); \$91(NR)     | 6 classes<br>starts Nov 6 |

Ice Skating: Tot 1

Standing on ice, falling properly, getting up, marching in place and while moving, two-foot jump in place, forward swizzle, standing still, and moving swizzle.

| Herbert W. Wells Ice Rink      wellsicerink@pgparks.com |   |                           |
|---|---|---------------------------|
| <b>27106-533A</b><br>Sat                                | 3 - 5yrs.<br>11:00 - 11:30am<br>\$70(R); \$91(NR)   | 6 classes<br>starts Nov 4 |
| <b>27106-533B</b><br>Sat                                | 3 - 5yrs.<br>11:30am - 12:00pm<br>\$70(R); \$91(NR) | 6 classes<br>starts Nov 4 |
| <b>27106-533C</b><br>Mon                                | 3 - 5yrs.<br>6:30 - 7:00pm<br>\$70(R); \$91(NR)     | 6 classes<br>starts Nov 6 |

Ice Skating: Tot 2

Preparation for beginning stroke, snowplow stop, teapot glide, forward swizzle, backward wiggle, backward swizzle, one-foot snowplow stop, right/left foot t-position and push, and games incorporating the skills learned.

| Herbert W. Wells Ice Rink      wellsicerink@pgparks.com |   |                           |
|---|---|---------------------------|
| <b>27107-533A</b><br>Sat                                | 3 - 5yrs.<br>11:00 - 11:30am<br>\$70(R); \$91(NR)   | 6 classes<br>starts Nov 4 |
| <b>27107-533B</b><br>Sat                                | 3 - 5yrs.<br>11:30am - 12:00pm<br>\$70(R); \$91(NR) | 6 classes<br>starts Nov 4 |

Ice Skating: Tot 3

Tots must have completed Ice Skating: Tot 2 course. Skaters will refine skills including skating on one foot and stopping, and learn forward crossover skating.

| Herbert W. Wells Ice Rink      wellsicerink@pgparks.com |   |                           |
|---|---|---------------------------|
| <b>27108-533A</b><br>Sat                                | 3 - 5yrs.<br>11:30am - 12:00pm<br>\$70(R); \$91(NR) | 6 classes<br>starts Nov 4 |

Learn To Skate: Snow Plow Sam 1

Skating is both fun and great exercise for your child! In this beginner’s course your child will learn a forward inside three-turn, right and left; move backward to forward two-foot turn on a circle; backward stroke; a beginner’s one-foot spin, optional free leg and position and entry; t-stops, right and left; bunny hop; forward spiral on a straight line, right and left; and a bonus skill: shoot-the-duck, right and left.

| Tucker Road Ice Rink      tuckerroadicerink@pgparks.com |  |                           |
|---|--|---------------------------|
| <b>27130-585A</b><br>Sat                                | 3 - 5yrs.<br>11:45am - 12:15pm<br>\$80(R); \$104(NR) | 6 classes<br>starts Sep 9 |
| <b>27130-585B</b><br>Sat                                | 3 - 5yrs.<br>12:15 - 12:45pm<br>\$80(R); \$104(NR)   | 6 classes<br>starts Sep 9 |
| <b>27130-585C</b><br>Sat                                | 3 - 5yrs.<br>11:45am - 12:15pm<br>\$80(R); \$104(NR) | 6 classes<br>starts Nov 4 |
| <b>27130-585D</b><br>Sat                                | 3 - 5yrs.<br>12:15 - 12:45pm<br>\$80(R); \$104(NR)   | 6 classes<br>starts Nov 4 |

Learn To Skate: Snow Plow Sam 2

Skating is both fun and great exercise for your child! In this beginner’s course your child will learn a forward inside three-turn, right and left; move backward to forward two-foot turn on a circle; backward stroke; a beginner’s one-foot spin, optional free leg and position and entry; t-stops, right and left; bunny hop; forward spiral on a straight line, right and left; and a bonus skill: shoot-the-duck, right and left.

| Tucker Road Ice Rink      tuckerroadicerink@pgparks.com |  |                           |
|---|--|---------------------------|
| <b>27131-585A</b><br>Sat                                | 3 - 5yrs.<br>11:45am - 12:15pm<br>\$80(R); \$104(NR) | 6 classes<br>starts Sep 9 |
| <b>27131-585B</b><br>Sat                                | 3 - 5yrs.<br>12:15 - 12:45pm<br>\$80(R); \$104(NR)   | 6 classes<br>starts Sep 9 |
| <b>27131-585C</b><br>Sat                                | 3 - 5yrs.<br>11:45am - 12:15pm<br>\$80(R); \$104(NR) | 6 classes<br>starts Nov 4 |
| <b>27131-585D</b><br>Sat                                | 3 - 5yrs.<br>12:15 - 12:45pm<br>\$80(R); \$104(NR)   | 6 classes<br>starts Nov 4 |

Learn To Skate: Snow Plow Sam 3

Skating is both fun and great exercise for your child! In this beginner’s course your child will learn a forward inside three-turn, right and left; move backward to forward two-foot turn on a circle; backward stroke; a beginner’s one-foot spin, optional free leg and position and entry; t-stops, right and left; bunny hop; forward spiral on a straight line, right and left; and a bonus skill: shoot-the-duck, right and left.

| Tucker Road Ice Rink      tuckerroadicerink@pgparks.com |  |                           |
|---|--|---------------------------|
| <b>27132-585A</b><br>Sat                                | 3 - 5yrs.<br>11:45am - 12:15pm<br>\$80(R); \$104(NR) | 6 classes<br>starts Sep 9 |
| <b>27132-585B</b><br>Sat                                | 3 - 5yrs.<br>11:45am - 12:15pm<br>\$80(R); \$104(NR) | 6 classes<br>starts Nov 4 |

Learn To Skate: Snow Plow Sam 4

Skating is both fun and great exercise for your child! In this beginner’s course your child will learn a forward inside three-turn, right and left; move backward to forward two-foot turn on a circle; backward stroke; a beginner’s one-foot spin, optional free leg and position and entry; t-stops, right and left; bunny hop; forward spiral on a straight line, right and left; and a bonus skill: shoot-the-duck, right and left.

| Tucker Road Ice Rink | tuckerroadicerink@pgparks.com                        |                           |
|----------------------|--|---------------------------|
| 27133-585A<br>Sat    | 3 - 5yrs.<br>11:45am - 12:15pm<br>\$80(R); \$104(NR) | 6 classes<br>starts Sep 9 |
| 27133-585B<br>Sat    | 3 - 5yrs.<br>11:45am - 12:15pm<br>\$80(R); \$104(NR) | 6 classes<br>starts Nov 4 |

Soccer Skills: Pre-Schoolers

Do you know the SCORE? Here is how the numbers stack up. 1 class to learn soccer skills (kicking, passing, dribbling, and identifying parts of the field) + 1 GOAL to experience the benefits of soccer (balance, coordination, self-confidence, concentration) = 2 much fun! Team up with us in this introductory class and have your little one score a few goals of their own.

| College Park Community Center<br>collegeparkcc@pgparks.com |   |                            |
|--|---|----------------------------|
| 27109-516CC<br>Sat   | 3 - 5yrs.<br>10:30 - 11:15am<br>\$35(R); \$46(NR)   | 6 classes<br>starts Sep 16 |
| 27109-516A<br>Sat  | 3 - 5yrs.<br>9:30 - 10:15am<br>\$35(R); \$46(NR)    | 6 classes<br>starts Sep 16 |
| 27109-516DD<br>Sat   | 3 - 5yrs.<br>10:30 - 11:15am<br>\$35(R); \$46(NR)   | 6 classes<br>starts Nov 4  |
| 27109-516B<br>Sat  | 3 - 5yrs.<br>9:30 - 10:15am<br>\$35(R); \$46(NR)    | 6 classes<br>starts Nov 4  |
| Glenn Dale Community Center<br>glenndalecc@pgparks.com     |   |                            |
| 27109-527A<br>Sat  | 3 - 5yrs.<br>11:30am - 12:15pm<br>\$30(R); \$39(NR) | 6 classes<br>starts Sep 9  |

Tot Sports

Your tots are always on the move. Help them channel that energy in a fun way! Encourage them to love exercise and start them on the road to lifelong appreciation of sports with our fun, pre-schooler course of sports. We’ll do a variety of athletics which will help develop their social skills, build character, and give them self-confidence. Don’t hesitate to sign them up!

| Berwyn Heights Elementary School<br>BerwynHeightsCC@pgparks.com |   |                           |
|---|---|---------------------------|
| 27112-506A<br>Sat   | 3 - 5yrs.<br>10:30 - 11:15am<br>\$25(R); \$33(NR) | 4 classes<br>starts Sep 9 |
| 27112-506B<br>Sat   | 3 - 5yrs.<br>9:30 - 10:15am<br>\$25(R); \$33(NR)  | 4 classes<br>starts Sep 9 |
| 27112-506C<br>Sat   | 3 - 5yrs.<br>10:30 - 11:15am<br>\$25(R); \$33(NR) | 4 classes<br>starts Oct 7 |
| 27112-506D<br>Sat   | 3 - 5yrs.<br>9:30 - 10:15am<br>\$25(R); \$33(NR)  | 4 classes<br>starts Oct 7 |
| 27112-506E<br>Sat   | 3 - 5yrs.<br>9:30 - 10:15am<br>\$25(R); \$33(NR)  | 5 classes<br>starts Nov 4 |
| 27112-506F<br>Sat   | 3 - 5yrs.<br>9:30 - 10:15am<br>\$25(R); \$33(NR)  | 4 classes<br>starts Nov 4 |

CHILDREN

Basketball Clinic: Children

Do you want to be a basketball star but do not know where to start? Come to our clinic to learn a variety of basketball skills and make friends with other young players. Feel excited as you build team spirit and understand teamwork! We will have lots of fun and get great exercise too.

| Seat Pleasant Activity Center<br>seatpleasantac@pgparks.com |  |                           |
|---|--|---------------------------|
| 27226-573A<br>Mon, Wed                                      | 7 - 10yrs.<br>7:00 - 7:50pm<br>\$60(R); \$78(NR) | 7 classes<br>starts Sep 6 |
| 27226-573B<br>Mon, Wed                                      | 7 - 12yrs.<br>7:00 - 7:50pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Oct 2 |

Basketball Skills Beginner

Put on your game face! Get ready for skills and thrills! Learn agility, hand-eye coordination, ball handling, passing, and catching. Improve your flexibility, conditioning, footwork, layups, and shooting. Experience the lifelong benefits which comes from teamwork. There is nothing like the friends you will make on the court. Sign up today for the love of the game!

| Patuxent Community Center<br>patuxentcc@pgparks.com     |  |                            |
|---|--|----------------------------|
| 27266-560A<br>Wed                                       | 6 - 9yrs.<br>7:30 - 8:45pm<br>\$42(R); \$55(NR)      | 6 classes<br>starts Sep 6  |
| 27266-560B<br>Thu                                       | 9 - 12yrs.<br>6:30 - 7:45pm<br>\$45(R); \$59(NR)     | 6 classes<br>starts Sep 7  |
| 27266-560C<br>Wed                                       | 6 - 9yrs.<br>7:30 - 8:45pm<br>\$42(R); \$55(NR)      | 6 classes<br>starts Oct 18 |
| 27266-560D<br>Thu                                       | 9 - 12yrs.<br>6:30 - 7:45pm<br>\$45(R); \$59(NR)     | 6 classes<br>starts Oct 19 |
| Westphalia Community Center<br>westphaliacc@pgparks.com |  |                            |
| 27266-590A<br>Sat                                       | 6 - 8yrs.<br>10:00 - 11:00am<br>\$45(R); \$59(NR)    | 10 classes<br>starts Sep 9 |
| 27266-590B<br>Sat                                       | 9 - 12yrs.<br>11:30am - 12:30pm<br>\$45(R); \$59(NR) | 10 classes<br>starts Sep 9 |

Basketball Skills: Children

Have you ever wondered how your favorite basketball player got started in the sport? They had to learn the basics of basketball before they became professional. We will show you some of what they learned through this fun class of basic basketball skills, drills, conditioning, and techniques. Get great exercise and build your self-esteem!

| College Park Community Center<br>collegeparkcc@pgparks.com |  |                            |
|--|--|----------------------------|
| 27227-516CC<br>Sat   | 9 - 12yrs.<br>11:30am - 12:15pm<br>\$35(R); \$46(NR) | 6 classes<br>starts Sep 16 |
| 27227-516AA<br>Sat   | 6 - 8yrs.<br>9:30 - 10:15am<br>\$35(R); \$46(NR)     | 6 classes<br>starts Sep 16 |
| 27227-516DD<br>Sat   | 9 - 12yrs.<br>11:30am - 12:15pm<br>\$35(R); \$46(NR) | 6 classes<br>starts Nov 4  |
| 27227-516BB<br>Sat   | 6 - 8yrs.<br>9:30 - 10:15am<br>\$35(R); \$46(NR)     | 6 classes<br>starts Nov 4  |
| Deerfield Run Community Center<br>deerfieldcc@pgparks.com  |  |                            |
| 27227-520A<br>Sat  | 6 - 8yrs.<br>10:30 - 11:15am<br>\$50(R); \$65(NR)    | 8 classes<br>starts Sep 9  |
| 27227-520B<br>Sat  | 9 - 12yrs.<br>11:15am - 12:30pm<br>\$50(R); \$65(NR) | 8 classes<br>starts Sep 9  |
| Glenn Dale Community Center<br>glenndalecc@pgparks.com     |  |                            |
| 27227-527A<br>Sat  | 6 - 8yrs.<br>11:15am - 12:15pm<br>\$30(R); \$39(NR)  | 6 classes<br>starts Sep 16 |
| 27227-527B<br>Sat  | 9 - 12yrs.<br>12:30 - 1:30pm<br>\$30(R); \$39(NR)    | 6 classes<br>starts Sep 16 |
| 27227-527AA<br>Sat   | 6 - 8yrs.<br>11:15am - 12:15pm<br>\$30(R); \$39(NR)  | 6 classes<br>starts Nov 11 |
| 27227-527BB<br>Sat   | 9 - 12yrs.<br>12:30 - 1:30pm<br>\$30(R); \$39(NR)    | 6 classes<br>starts Nov 11 |

| Largo/Kettering/Perrywood Comm. Ctr.<br>largoketteringperrywoodcc@pgparks.com |  |                            |
|---|--|----------------------------|
| 27227-545A<br>Sat   | 6 - 8yrs.<br>10:15 - 11:00am<br>\$48(R); \$63(NR)    | 6 classes<br>starts Sep 2  |
| 27227-545B<br>Sat   | 9 - 12yrs.<br>11:15am - 12:00pm<br>\$48(R); \$63(NR) | 6 classes<br>starts Sep 2  |
| 27227-545C<br>Sat   | 6 - 8yrs.<br>10:15 - 11:00am<br>\$48(R); \$63(NR)    | 6 classes<br>starts Oct 14 |
| 27227-545D<br>Sat   | 8 - 12yrs.<br>11:15am - 12:00pm<br>\$48(R); \$63(NR) | 6 classes<br>starts Oct 14 |

| Peppermill Community Center<br>peppermillcc@pgparks.com |  |                            |
|---|--|----------------------------|
| 27227-562A<br>Sat                                       | 6 - 10yrs.<br>11:00am - 12:00pm<br>\$50(R); \$65(NR) | 6 classes<br>starts Sep 2  |
| 27227-562B<br>Sat                                       | 6 - 10yrs.<br>11:00am - 12:00pm<br>\$50(R); \$65(NR) | 6 classes<br>starts Oct 14 |

| Prince George’s Plaza Community Ctr.<br>princegeorgesplazacc@pgparks.com |  |                           |
|--|--|---------------------------|
| 27227-566A<br>Mon, Thu   | 6 - 8yrs.<br>6:00 - 7:00pm<br>\$40(R); \$52(NR)  | 6 classes<br>starts Sep 4 |
| 27227-566B<br>Mon, Thu   | 9 - 12yrs.<br>7:30 - 8:30pm<br>\$40(R); \$52(NR) | 6 classes<br>starts Sep 4 |
| 27227-566C<br>Mon, Thu   | 6 - 8yrs.<br>6:00 - 7:00pm<br>\$54(R); \$71(NR)  | 8 classes<br>starts Oct 2 |
| 27227-566DD<br>Mon, Thu  | 9 - 12yrs.<br>7:30 - 8:30pm<br>\$54(R); \$71(NR) | 8 classes<br>starts Oct 2 |
| 27227-566E<br>Mon, Thu   | 6 - 8yrs.<br>6:00 - 7:00pm<br>\$45(R); \$59(NR)  | 9 classes<br>starts Nov 2 |
| 27227-566F<br>Mon, Thu   | 9 - 12yrs.<br>7:30 - 8:30pm<br>\$54(R); \$71(NR) | 9 classes<br>starts Nov 2 |

Basketball: Children, Beginner

Every kid has dreams! Is yours a hoop dream? Join us to learn basketball basics, game rules, offensive and defensive skills, ways to be smart on the court, and how to win or lose graciously. Get great exercise and build self-esteem!

| Good Luck Community Center<br>goodluckcc@pgparks.com |  |                            |
|--|--|----------------------------|
| 27228-529AA<br>Sat                                   | 7 - 10yrs.<br>2:00 - 2:50pm<br>\$45(R); \$59(NR) | 8 classes<br>starts Sep 16 |

Boxing: Children

There’s more to boxing than fighting! Learn boxing skill basics and gain so much more. Boxing is a very fun way to get good exercise, improve focus or school, build your confidence, and your self-esteem. Join us in the boxing ring today!

| Glenn Dale Community Center<br>glenndalecc@pgparks.com |  |                             |
|--|--|-----------------------------|
| 27230-527AA<br>Tue, Thu                                | 6 - 8yrs.<br>5:00 - 6:00pm<br>\$36(R); \$47(NR)  | 12 classes<br>starts Sep 12 |
| 27230-527BB<br>Tue, Thu                                | 9 - 12yrs.<br>6:00 - 7:00pm<br>\$36(R); \$47(NR) | 12 classes<br>starts Sep 12 |

Cheerleading: Children

Celebrities are not the only ones with a squad! Get pumped for awesome team building, tumbles, confidence-raising, and improved strength! In our cheer squad, you will also learn basic jumps, get great exercise, and have tons of fun. Sign up and learn the moves that will help you develop the skills to become an all-star cheerleader!

| Glenn Dale Community Center<br>glenndalecc@pgparks.com |  |                            |
|--|--|----------------------------|
| 27231-527A<br>Sat                                      | 6 - 12yrs.<br>1:00 - 3:00pm<br>\$60(R); \$78(NR) | 6 classes<br>starts Sep 16 |
| 27231-527B<br>Sat                                      | 6 - 12yrs.<br>1:00 - 3:00pm<br>\$60(R); \$78(NR) | 6 classes<br>starts Nov 4  |



Football Skills: Children

Be a winner in football! We will introduce you to the basics of the game of football. Learn how to relieve stress, develop discipline, enjoy teamwork, and build a good work ethic. Gain mental and physical toughness, which can make you a better student, as you get great exercise learning this fun sport!

| Oakcrest Community Center | oakcrestcc@pgparks.com                           |                            |
|---------------------------|--|----------------------------|
| 27258-555A<br>Mon         | 7 - 11yrs.<br>6:00 - 7:00pm<br>\$30(R); \$39(NR) | 5 classes<br>starts Sep 25 |
| 27258-555B<br>Mon         | 7 - 11yrs.<br>6:00 - 7:00pm<br>\$30(R); \$39(NR) | 5 classes<br>starts Oct 30 |

Gymnastics: Trampoline & Tumbling, Intermediate

Prerequisites: Trampoline skills: pike jump, back drop, swivel hips, and seat drop to stomach drop. Tumbling skills: round off, cartwheel, and back extension roll.

| Fairland Sports Complex | fairlandsports@pgparks.com                         |                            |
|-------------------------|--|----------------------------|
| 27212-523A<br>Wed       | 7 - 12yrs.<br>5:30 - 6:30pm<br>\$208(R); \$271(NR) | 13 classes<br>starts Sep 6 |

Gymnastics: Boys Silver/Gold Level

Raise the bar on your gymnastic skills! Improve your self-confidence as you strive for gymnastics greatness! Prerequisites: Boys Bronze Level or floor skills including: forward and backward rolls, cartwheels, round-offs, and handstand rolls. On the horizontal and parallel bars you'll need to know prior to class: pullovers, back hip circles, pull-ups, tap swings, upper arm support swings, and straddle travels.

| Fairland Sports Complex | fairlandsports@pgparks.com                         |                            |
|-------------------------|--|----------------------------|
| 27240-523A<br>Wed       | 7 - 12yrs.<br>7:00 - 8:00pm<br>\$208(R); \$271(NR) | 13 classes<br>starts Sep 6 |

Gymnastics: Children, Boys, Bronze Level

Basic instruction on vault, bars, pommel horse, parallel bars, rings, tumbling, and trampoline. Prerequisites: none.

| Fairland Sports Complex | fairlandsports@pgparks.com                         |                            |
|-------------------------|--|----------------------------|
| 27239-523B<br>Wed       | 7 - 12yrs.<br>6:00 - 7:00pm<br>\$208(R); \$271(NR) | 13 classes<br>starts Sep 6 |
| 27239-523C<br>Thu       | 7 - 12yrs.<br>7:00 - 8:00pm<br>\$192(R); \$250(NR) | 13 classes<br>starts Sep 7 |

Gymnastics: Girls, Children, Bronze Level

Introduces basic gymnastics, dance, and strength skills. Apparatus, including vault, bars, beam, tumbling mats, and trampoline will be utilized. Prerequisites: none.

| Fairland Sports Complex | fairlandsports@pgparks.com                            |                             |
|-------------------------|---|-----------------------------|
| 27208-523B<br>Tue       | 7 - 9yrs.<br>5:00 - 6:00pm<br>\$192(R); \$250(NR)     | 12 classes<br>starts Sep 5  |
| 27208-523C<br>Wed       | 7 - 9yrs.<br>5:30 - 6:30pm<br>\$208(R); \$271(NR)     | 13 classes<br>starts Sep 6  |
| 27208-523D<br>Wed       | 7 - 9yrs.<br>6:30 - 7:30pm<br>\$208(R); \$271(NR)     | 13 classes<br>starts Sep 6  |
| 27208-523E<br>Thu       | 7 - 9yrs.<br>5:00 - 6:00pm<br>\$192(R); \$250(NR)     | 12 classes<br>starts Sep 7  |
| 27208-523F<br>Thu       | 7 - 9yrs.<br>6:00 - 7:00pm<br>\$192(R); \$250(NR)     | 12 classes<br>starts Sep 7  |
| 27208-523G<br>Sat       | 7 - 9yrs.<br>11:30am - 12:30pm<br>\$208(R); \$271(NR) | 13 classes<br>starts Sep 9  |
| 27208-523H<br>Sat       | 7 - 9yrs.<br>12:30 - 1:30pm<br>\$208(R); \$271(NR)    | 13 classes<br>starts Sep 9  |
| 27208-523A<br>Mon       | 7 - 9yrs.<br>4:30 - 5:30pm<br>\$192(R); \$250(NR)     | 12 classes<br>starts Sep 11 |

| Prince George’s Sports & Learn Cmplx<br>splex@pgparks.com |   |                            |
|---|---|----------------------------|
| 27208-568H<br>Tue   | 6 - 8yrs.<br>4:30 - 5:30pm<br>\$196(R); \$255(NR); \$147(IA)  | 12 classes<br>starts Sep 5 |
| 27208-568I<br>Tue   | 6 - 8yrs.<br>6:45 - 7:45pm<br>\$196(R); \$255(NR); \$147(IA)  | 12 classes<br>starts Sep 5 |
| 27208-568DD<br>Tue  | 9 - 12yrs.<br>7:45 - 8:45pm<br>\$196(R); \$255(NR); \$147(IA) | 12 classes<br>starts Sep 5 |
| 27208-568J<br>Wed   | 6 - 8yrs.<br>4:30 - 5:30pm<br>\$196(R); \$255(NR); \$147(IA)  | 12 classes<br>starts Sep 6 |
| 27208-568E<br>Mon, Wed                                    | 6 - 8yrs.<br>6:30 - 7:30pm<br>\$340(R); \$442(NR); \$255(IA)  | 24 classes<br>starts Sep 6 |
| 27208-568Z<br>Wed   | 6 - 8yrs.<br>6:30 - 7:30pm<br>\$196(R); \$255(NR); \$147(IA)  | 12 classes<br>starts Sep 6 |

|                    |   |                             |
|--------------------|---|-----------------------------|
| 27208-568X<br>Wed  | 6 - 8yrs.<br>7:15 - 8:15pm<br>\$196(R); \$255(NR); \$147(IA)      | 12 classes<br>starts Sep 6  |
| 27208-568L<br>Thu  | 6 - 8yrs.<br>4:30 - 5:30pm<br>\$196(R); \$255(NR); \$147(IA)      | 12 classes<br>starts Sep 7  |
| 27208-568O<br>Thu  | 9 - 12yrs.<br>5:45 - 6:45pm<br>\$196(R); \$255(NR); \$147(IA)     | 12 classes<br>starts Sep 7  |
| 27208-568S<br>Sat  | 6 - 8yrs.<br>10:15 - 11:15am<br>\$180(R); \$234(NR); \$135(IA)    | 11 classes<br>starts Sep 9  |
| 27208-568V<br>Sat  | 9 - 12yrs.<br>11:30am - 12:30pm<br>\$180(R); \$234(NR); \$135(IA) | 11 classes<br>starts Sep 9  |
| 27208-568T<br>Sat  | 6 - 8yrs.<br>11:30am - 12:30pm<br>\$180(R); \$234(NR); \$135(IA)  | 11 classes<br>starts Sep 9  |
| 27208-568W<br>Sat  | 9 - 11yrs.<br>12:30 - 1:30pm<br>\$180(R); \$234(NR); \$135(IA)    | 11 classes<br>starts Sep 9  |
| 27208-568U<br>Sat  | 6 - 8yrs.<br>12:30 - 1:30pm<br>\$180(R); \$234(NR); \$135(IA)     | 11 classes<br>starts Sep 9  |
| 27208-568R<br>Sat  | 6 - 8yrs.<br>9:15 - 10:15am<br>\$180(R); \$234(NR); \$135(IA)     | 11 classes<br>starts Sep 9  |
| 27208-568AA<br>Mon | 6 - 8yrs.<br>4:30 - 5:30pm<br>\$196(R); \$255(NR); \$147(IA)      | 12 classes<br>starts Sep 11 |
| 27208-568C<br>Mon  | 6 - 8yrs.<br>5:30 - 6:30pm<br>\$196(R); \$255(NR); \$147(IA)      | 12 classes<br>starts Sep 11 |
| 27208-568B<br>Mon  | 6 - 8yrs.<br>6:30 - 7:30pm<br>\$196(R); \$255(NR); \$147(IA)      | 12 classes<br>starts Sep 11 |
| 27208-568D<br>Mon  | 9 - 12yrs.<br>7:30 - 8:30pm<br>\$196(R); \$255(NR); \$147(IA)     | 12 classes<br>starts Sep 11 |
| 27208-568A<br>Mon  | 9 - 12yrs.<br>4:30 - 5:30pm<br>\$171(R); \$223(NR); \$129(IA)     | 10 classes<br>starts Sep 13 |

Gymnastics: Girls, Children, Gold Level

Prerequisites: Girls Silver Level or floor skills: backbend kick over, round-off and handstand roll. Bar skills: pullover, 5 casts and 3 tap swings.

| Fairland Sports Complex | fairlandsports@pgparks.com                             |                             |
|-------------------------|--|-----------------------------|
| 27209-523B<br>Tue       | 7 - 12yrs.<br>7:00 - 8:00pm<br>\$192(R); \$250(NR)     | 12 classes<br>starts Sep 5  |
| 27209-523D<br>Sat       | 7 - 12yrs.<br>11:00am - 12:00pm<br>\$208(R); \$271(NR) | 13 classes<br>starts Sep 9  |
| 27209-523A<br>Mon       | 7 - 12yrs.<br>5:30 - 6:30pm<br>\$192(R); \$250(NR)     | 12 classes<br>starts Sep 11 |

Gymnastics: Girls, Children, Mixed Skills

Become head over heels for gymnastics! Bond with other pre-teen and teen girls in this empowering class of agility. Develop your flexibility, strengthen your mental focus, grow your self-confidence, and expand your social skills with each session. Begin to achieve balance in your life. Reserve your spot and turn your life upside down.

| Fairland Sports Complex | fairlandsports@pgparks.com                          |                             |
|-------------------------|---|-----------------------------|
| 27244-523B<br>Thu       | 10 - 12yrs.<br>7:00 - 8:00pm<br>\$192(R); \$250(NR) | 12 classes<br>starts Sep 7  |
| 27244-523A<br>Mon       | 10 - 12yrs.<br>7:30 - 8:30pm<br>\$192(R); \$250(NR) | 12 classes<br>starts Sep 11 |

Gymnastics: Girls, Silver Level

Are your gymnastic skills chalked up to what they ought to be? We'll get you Silver medal-worthy for those who have mastered the Bronze level or Floor skills. Get ready to learn forward and backward rolls, cartwheels, bridges, and handstands. Learn bar skills including pullover off block or wall and front support. Learn new skills and improve your self-confidence with this exciting class! Prerequisites: Girls Bronze Level or Floor skills.

| Fairland Sports Complex | fairlandsports@pgparks.com                             |                            |
|-------------------------|--|----------------------------|
| 27210-523C<br>Tue       | 6 - 10yrs.<br>5:00 - 6:00pm<br>\$192(R); \$250(NR)     | 12 classes<br>starts Sep 5 |
| 27210-523D<br>Tue       | 6 - 10yrs.<br>6:00 - 7:00pm<br>\$192(R); \$250(NR)     | 12 classes<br>starts Sep 5 |
| 27210-523E<br>Wed       | 6 - 10yrs.<br>5:30 - 6:30pm<br>\$208(R); \$271(NR)     | 13 classes<br>starts Sep 6 |
| 27210-523F<br>Wed       | 6 - 10yrs.<br>7:30 - 8:30pm<br>\$208(R); \$271(NR)     | 13 classes<br>starts Sep 6 |
| 27210-523H<br>Thu       | 6 - 10yrs.<br>5:00 - 6:00pm<br>\$192(R); \$250(NR)     | 12 classes<br>starts Sep 7 |
| 27210-523I<br>Sat       | 6 - 10yrs.<br>11:30am - 12:30pm<br>\$208(R); \$271(NR) | 13 classes<br>starts Sep 9 |

|                   |   |                             |
|-------------------|---|-----------------------------|
| 27210-523J<br>Sat | 6 - 10yrs.<br>12:30 - 1:30pm<br>\$208(R); \$271(NR) | 13 classes<br>starts Sep 9  |
| 27210-523A<br>Mon | 6 - 10yrs.<br>6:30 - 7:30pm<br>\$192(R); \$250(NR)  | 12 classes<br>starts Sep 11 |
| 27210-523B<br>Mon | 6 - 10yrs.<br>7:30 - 8:30pm<br>\$192(R); \$250(NR)  | 12 classes<br>starts Sep 11 |

| Prince George’s Sports & Learn Cmplx<br>splex@pgparks.com |   |                             |
|---|---|-----------------------------|
| 27210-568D<br>Tue   | 6 - 12yrs.<br>6:45 - 8:00pm<br>\$220(R); \$286(NR); \$165(IA)     | 12 classes<br>starts Sep 5  |
| 27210-568E<br>Tue, Thu                                    | 6 - 12yrs.<br>6:45 - 8:00pm<br>\$367(R); \$478(NR); \$276(IA)     | 24 classes<br>starts Sep 5  |
| 27210-568F<br>Wed   | 6 - 12yrs.<br>5:30 - 6:45pm<br>\$220(R); \$286(NR); \$165(IA)     | 12 classes<br>starts Sep 6  |
| 27210-568G<br>Wed   | 6 - 12yrs.<br>7:15 - 8:30pm<br>\$220(R); \$286(NR); \$165(IA)     | 12 classes<br>starts Sep 6  |
| 27210-568N<br>Mon, Wed                                    | 6 - 12yrs.<br>7:15 - 8:30pm<br>\$367(R); \$478(NR); \$276(IA)     | 24 classes<br>starts Sep 6  |
| 27210-568C<br>Mon, Thu                                    | 6 - 12yrs.<br>4:30 - 5:45pm<br>\$367(R); \$478(NR); \$276(IA)     | 24 classes<br>starts Sep 7  |
| 27210-568H<br>Thu   | 6 - 12yrs.<br>4:30 - 5:45pm<br>\$220(R); \$286(NR); \$165(IA)     | 12 classes<br>starts Sep 7  |
| 27210-568I<br>Thu   | 6 - 12yrs.<br>6:45 - 8:00pm<br>\$220(R); \$286(NR); \$165(IA)     | 12 classes<br>starts Sep 7  |
| 27210-568L<br>Sat   | 6 - 12yrs.<br>11:30am - 12:45pm<br>\$202(R); \$263(NR); \$152(IA) | 11 classes<br>starts Sep 9  |
| 27210-568M<br>Sat   | 6 - 12yrs.<br>12:30 - 1:45pm<br>\$202(R); \$263(NR); \$152(IA)    | 11 classes<br>starts Sep 9  |
| 27210-568K<br>Sat   | 6 - 12yrs.<br>9:15 - 10:30am<br>\$202(R); \$263(NR); \$152(IA)    | 11 classes<br>starts Sep 9  |
| 27210-568A<br>Mon   | 6 - 12yrs.<br>4:30 - 5:45pm<br>\$220(R); \$286(NR); \$165(IA)     | 12 classes<br>starts Sep 11 |
| 27210-568B<br>Mon   | 6 - 12yrs.<br>7:15 - 8:30pm<br>\$220(R); \$286(NR); \$165(IA)     | 12 classes<br>starts Sep 11 |

Gymnastics: Trampoline & Tumbling, Beginner

Prerequisites: Trampoline skills: tuck and straddle jumps, seat drop. Floor skills: forward roll, kick to handstand. The class will go over the basic fundamentals of all three events in trampoline, tumbling, and double-mini trampoline. The basic fundamentals will include proper body control, rolling, balancing skills, landings, body shapes, position jumps, and position drops. The instructor will tailor the students workout based on skill ability.

| Fairland Sports Complex | fairlandsports@pgparks.com                         |                            |
|-------------------------|--|----------------------------|
| 27211-523A<br>Wed       | 6 - 8yrs.<br>4:30 - 5:30pm<br>\$208(R); \$271(NR)  | 13 classes<br>starts Sep 6 |
| 27211-523B<br>Fri       | 8 - 12yrs.<br>7:30 - 8:30pm<br>\$192(R); \$250(NR) | 12 classes<br>starts Sep 8 |

Ice Skating: Alpha

Must have completed Pre-Alpha Level. Forward V push, forward stroking, forward crossovers, back glide and snowplow stop.

| Herbert W. Wells Ice Rink | wellsicerink@pgparks.com                           |                           |
|---------------------------|--|---------------------------|
| 27213-533A<br>Sat         | 6 - 12yrs.<br>12:15 - 12:45pm<br>\$70(R); \$91(NR) | 6 classes<br>starts Nov 4 |
| 27213-533B<br>Sat         | 6 - 12yrs.<br>12:45 - 1:15pm<br>\$70(R); \$91(NR)  | 6 classes<br>starts Nov 4 |
| 27213-533C<br>Mon         | 6 - 12yrs.<br>6:30 - 7:00pm<br>\$70(R); \$91(NR)   | 6 classes<br>starts Nov 6 |

Ice Skating: Alpha Plus

Continue to work on forward V push, forward stroking, forward crossovers, back glide and snowplow stop. Begin backward crossovers and backward skating. Must have completed Alpha level.

| Herbert W. Wells Ice Rink | wellsicerink@pgparks.com                          |                           |
|---------------------------|---|---------------------------|
| 27214-533A<br>Sat         | 6 - 12yrs.<br>12:45 - 1:15pm<br>\$70(R); \$91(NR) | 6 classes<br>starts Nov 4 |
| 27214-533B<br>Mon         | 6 - 12yrs.<br>7:00 - 7:30pm<br>\$70(R); \$91(NR)  | 6 classes<br>starts Nov 6 |

Ice Skating: Beta

Must have completed Alpha Level. Back sculling, back crossover, left and right T-stop, back stroking, back crossovers, and two-foot turn.

| Herbert W. Wells Ice Rink | wellsicerink@pgparks.com  |
|---------------------------|---|
| 27215-533A<br>Sat         | 6 - 12yrs.<br>12:15 - 12:45pm<br>\$70(R); \$91(NR)<br>6 classes<br>starts Nov 4 |
| 27215-533B<br>Mon         | 6 - 12yrs.<br>7:00 - 7:30pm<br>\$70(R); \$91(NR)<br>6 classes<br>starts Nov 6   |

Ice Skating: Delta

Must have completed Gamma Level. Forward inside three turns, forward outside and inside edges, shoot the duck, lunge, and bunny hop.

| Herbert W. Wells Ice Rink | wellsicerink@pgparks.com  |
|---------------------------|---|
| 27216-533A<br>Sat         | 6 - 12yrs.<br>12:15 - 12:45pm<br>\$70(R); \$91(NR)<br>6 classes<br>starts Nov 4 |
| 27216-533B<br>Mon         | 6 - 12yrs.<br>7:00 - 7:30pm<br>\$70(R); \$91(NR)<br>6 classes<br>starts Nov 6   |

Ice Skating: Gamma

Must have completed Beta Level. Forward outside edges, back inside edges, forward outsides three turns and hockey stop.

| Herbert W. Wells Ice Rink | wellsicerink@pgparks.com  |
|---------------------------|---|
| 27217-533A<br>Sat         | 6 - 12yrs.<br>12:15 - 12:45pm<br>\$70(R); \$91(NR)<br>6 classes<br>starts Nov 4 |
| 27217-533B<br>Mon         | 6 - 12yrs.<br>7:00 - 7:30pm<br>\$70(R); \$91(NR)<br>6 classes<br>starts Nov 6   |

Ice Skating: Pre-Alpha

For children with no skating experience. Learn how to skate, fall and get up properly; glide on two feet; do a backward wiggle; and backward and forward swizzle.

| Herbert W. Wells Ice Rink | wellsicerink@pgparks.com  |
|---------------------------|---|
| 27218-533A<br>Sat         | 6 - 12yrs.<br>11:00 - 11:30am<br>\$70(R); \$91(NR)<br>6 classes<br>starts Nov 4 |
| 27218-533B<br>Sat         | 6 - 12yrs.<br>12:15 - 12:45pm<br>\$70(R); \$91(NR)<br>6 classes<br>starts Nov 4 |
| 27218-533C<br>Sat         | 6 - 12yrs.<br>12:45 - 1:15pm<br>\$70(R); \$91(NR)<br>6 classes<br>starts Nov 4  |
| 27218-533D<br>Mon         | 6 - 12yrs.<br>6:30 - 7:00pm<br>\$70(R); \$91(NR)<br>6 classes<br>starts Nov 6   |
| 27218-533E<br>Mon         | 6 - 12yrs.<br>7:00 - 7:30pm<br>\$70(R); \$91(NR)<br>6 classes<br>starts Nov 6   |

Ice Skating: Pre-Alpha Plus

For beginners. Learn to fall and get up properly, skate without falling, glide on two feet, and to skate a backwards wiggle, and backward and forward swizzles. Requirements: Participants must have completed Pre-Alpha level.

| Herbert W. Wells Ice Rink | wellsicerink@pgparks.com  |
|---------------------------|---|
| 27219-533A<br>Sat         | 6 - 12yrs.<br>11:30am - 12:00pm<br>\$70(R); \$91(NR)<br>6 classes<br>starts Nov 4 |
| 27219-533B<br>Sat         | 6 - 12yrs.<br>12:45 - 1:15pm<br>\$70(R); \$91(NR)<br>6 classes<br>starts Nov 4    |
| 27219-533C<br>Mon         | 6 - 12yrs.<br>6:30 - 7:00pm<br>\$70(R); \$91(NR)<br>6 classes<br>starts Nov 6     |

Soccer Skills: Children

Do you know the SCORE? Here’s how the numbers stack up: 1 class to learn soccer skills (dribbling, passing, shooting, and tending goal) + 1 GOAL to experience the benefits of soccer (fitness, coordination, self-confidence, concentration) = 2 much fun! Team up with us and score a few goals of your own.

| College Park Community Center<br>collegeparkccc@pgparks.com |  |
|---|--|
| 27220-516AA<br>Sat  | 6 - 10yrs.<br>11:30am - 12:15pm<br>\$35(R); \$46(NR)<br>6 classes<br>starts Sep 16 |
| 27220-516BB<br>Sat  | 6 - 10yrs.<br>11:30am - 12:15pm<br>\$35(R); \$46(NR)<br>6 classes<br>starts Nov 4  |
| Glenn Dale Community Center<br>glenndaleccc@pgparks.com     |  |
| 27220-527A<br>Sat   | 6 - 12yrs.<br>12:30 - 1:30pm<br>\$30(R); \$39(NR)<br>6 classes<br>starts Sep 9     |
| 27220-527B<br>Sat   | 6 - 12yrs.<br>1:30 - 2:30pm<br>\$30(R); \$39(NR)<br>6 classes<br>starts Sep 9      |

Tennis: Children, Beginner

Get your child excited about this sport of kings in our fun-filled beginning tennis class. They will also benefit from a healthy amount of physical activity, brain development that may lead to better grades, improved hand-eye coordination, and increased strength and flexibility. You and your child win when you enroll in this fun and enriching class!

| Cosca Tennis Bubble<br>coscatennisbubble@pgparks.com     |  |
|--|--|
| 27221-519A<br>Wed  | 6 - 8yrs.<br>6:00 - 7:00pm<br>\$48(R); \$63(NR)<br>6 classes<br>starts Sep 6         |
| 27221-519B<br>Wed  | 9 - 11yrs.<br>7:00 - 8:00pm<br>\$48(R); \$63(NR)<br>6 classes<br>starts Sep 6        |
| 27221-519C<br>Sun  | 6 - 8yrs.<br>11:00am - 12:00pm<br>\$48(R); \$63(NR)<br>6 classes<br>starts Sep 10    |
| 27221-519D<br>Sun  | 9 - 12yrs.<br>12:00 - 1:00pm<br>\$48(R); \$63(NR)<br>6 classes<br>starts Sep 10      |
| 27221-519E<br>Wed  | 6 - 8yrs.<br>6:00 - 7:00pm<br>\$48(R); \$63(NR)<br>6 classes<br>starts Oct 18        |
| 27221-519F<br>Wed  | 9 - 11yrs.<br>7:00 - 8:00pm<br>\$48(R); \$63(NR)<br>6 classes<br>starts Oct 18       |
| 27221-519G<br>Sun  | 6 - 8yrs.<br>11:00am - 12:00pm<br>\$48(R); \$63(NR)<br>6 classes<br>starts Oct 22    |
| 27221-519H<br>Sun  | 9 - 12yrs.<br>12:00 - 1:00pm<br>\$48(R); \$63(NR)<br>6 classes<br>starts Oct 22      |
| Fairland Sports Complex<br>fairlandsports@pgparks.com    |  |
| 27221-523B<br>Tue  | 6 - 11yrs.<br>4:00 - 5:00pm<br>\$132(R); \$172(NR)<br>12 classes<br>starts Sep 5     |
| 27221-523C<br>Wed  | 6 - 11yrs.<br>4:00 - 5:00pm<br>\$172(R); \$224(NR)<br>12 classes<br>starts Sep 6     |
| 27221-523D<br>Wed  | 6 - 11yrs.<br>6:00 - 7:00pm<br>\$172(R); \$224(NR)<br>12 classes<br>starts Sep 6     |
| 27221-523E<br>Fri  | 6 - 11yrs.<br>4:00 - 5:00pm<br>\$172(R); \$224(NR)<br>12 classes<br>starts Sep 8     |
| 27221-523F<br>Sat  | 6 - 11yrs.<br>11:00am - 12:00pm<br>\$172(R); \$224(NR)<br>12 classes<br>starts Sep 9 |
| 27221-523A<br>Mon  | 6 - 11yrs.<br>4:00 - 5:00pm<br>\$132(R); \$172(NR)<br>12 classes<br>starts Sep 11    |
| Good Luck Community Center<br>goodluckccc@pgparks.com    |  |
| 27221-529AA<br>Sat                                       | 6 - 12yrs.<br>9:00 - 9:50am<br>\$56(R); \$73(NR)<br>8 classes<br>starts Sep 16       |
| Watkins Tennis Bubble<br>watkinstennisbubble@pgparks.com |  |
| 27221-589A<br>Sat  | 11 - 12yrs.<br>1:00 - 2:00pm<br>\$60(R); \$78(NR)<br>6 classes<br>starts Sep 9       |
| 27221-589B<br>Sat  | 11 - 12yrs.<br>1:00 - 2:00pm<br>\$60(R); \$78(NR)<br>6 classes<br>starts Oct 21      |

Tennis: Children, Beginner 2/3

It’s a GRAND SLAM! Discover the tennis champion in you as we teach beginning tennis skills! Learn groundstrokes, scoring, and other tennis techniques! Gain self-confidence and make new friends when you join our active class! Prerequisite: 1-2 years formal experience.

| Fairland Sports Complex<br>fairlandsports@pgparks.com |   |
|---|---|
| 27256-523B<br>Tue                                     | 8 - 12yrs.<br>5:00 - 6:00pm<br>\$132(R); \$172(NR)<br>12 classes<br>starts Sep 5  |
| 27256-523C<br>Wed                                     | 8 - 12yrs.<br>5:00 - 6:00pm<br>\$132(R); \$172(NR)<br>12 classes<br>starts Sep 6  |
| 27256-523D<br>Thu                                     | 8 - 12yrs.<br>5:00 - 6:00pm<br>\$132(R); \$172(NR)<br>12 classes<br>starts Sep 7  |
| 27256-523A<br>Mon                                     | 8 - 12yrs.<br>5:00 - 6:00pm<br>\$132(R); \$172(NR)<br>12 classes<br>starts Sep 11 |

Tennis: Children, Intermediate

Tennis anyone? You’ve got the moves and we’ve got the drills. Our classes feature drills and techniques with play, positioning, and strategy work. Enhance your health, mood, and tennis skills through class participation! We’ll get you ready for center court!

| Cosca Tennis Bubble<br>coscatennisbubble@pgparks.com  |  |
|---|--|
| 27222-519A<br>Sat                                     | 9 - 12yrs.<br>1:00 - 2:00pm<br>\$48(R); \$63(NR)<br>6 classes<br>starts Sep 9    |
| 27222-519B<br>Sat                                     | 9 - 12yrs.<br>1:00 - 2:00pm<br>\$48(R); \$63(NR)<br>6 classes<br>starts Oct 21   |
| Good Luck Community Center<br>goodluckccc@pgparks.com |  |
| 27222-529AA<br>Sat                                    | 6 - 12yrs.<br>10:00 - 10:50am<br>\$56(R); \$73(NR)<br>8 classes<br>starts Sep 16 |

Tennis: Home-School, Children

Tennis starts with LOVE! Get your child excited about this “sport of kings” in our fun-filled class. Tennis players benefit from the exercise, brain development that may lead to better grades, improved hand-eye coordination plus increased strength and flexibility. Register for a win in life and on the court!

| Watkins Tennis Bubble<br>watkinstennisbubble@pgparks.com |  |
|--|--|
| 27250-589A<br>Wed  | 6 - 12yrs.<br>1:00 - 2:00pm<br>\$60(R); \$78(NR)<br>6 classes<br>starts Sep 6  |
| 27250-589B<br>Wed  | 6 - 12yrs.<br>1:00 - 2:00pm<br>\$60(R); \$78(NR)<br>6 classes<br>starts Oct 18 |

Volleyball: Children

Set it in the air and hit it anywhere! Get ready for the game of volleyball with other kids excited about this popular beach and Olympic sport. Learn basic skills, techniques, and exercises to get you in top physical shape to play your best. Volleyball teaches hand-eye coordination, builds muscles, keeps you active, and helps you develop great friendships with your teammates. Register today and we’ll meet you at the net.

| Columbia Park Community Center<br>columbiaparkccc@pgparks.com |   |
|---|---|
| 27273-518A<br>Tue   | 10 - 12yrs.<br>5:30 - 6:30pm<br>\$35(R); \$46(NR)<br>8 classes<br>starts Oct 10 |

TEENS

Basketball Skills: Teens

Go through the drills so you can have the skills! Get instruction through us on a variety of basketball moves with lots of hands-on practice. Sign up to build friendships and self-confidence. Gain the ability to excel at shooting and scoring game points.

| Glenn Dale Community Center<br>glenndaleccc@pgparks.com           |  |
|---|--|
| 27318-527AA<br>Sat  | 13 - 17yrs.<br>1:30 - 2:30pm<br>\$35(R); \$46(NR)<br>6 classes<br>starts Sep 16  |
| 27318-527BB<br>Sat  | 13 - 17yrs.<br>1:30 - 2:30pm<br>\$35(R); \$46(NR)<br>6 classes<br>starts Nov 11  |
| North Brentwood Community Center<br>northbrentwoodccc@pgparks.com |  |
| 27318-552A<br>Mon   | 13 - 17yrs.<br>7:30 - 8:45pm<br>\$35(R); \$46(NR)<br>7 classes<br>starts Sep 11  |
| 27318-552B<br>Mon   | 13 - 17yrs.<br>7:30 - 8:45pm<br>\$35(R); \$46(NR)<br>7 classes<br>starts Nov 6   |
| Peppermill Community Center<br>peppermillccc@pgparks.com          |  |
| 27318-562A<br>Sat   | 13 - 17yrs.<br>12:00 - 1:00pm<br>\$50(R); \$65(NR)<br>6 classes<br>starts Sep 2  |
| 27318-562B<br>Sat   | 13 - 17yrs.<br>12:00 - 1:00pm<br>\$50(R); \$65(NR)<br>6 classes<br>starts Oct 14 |

Gymnastics: Girls, Teens, Bronze/Silver Levels

Rock, tumble, and roll! Gymnastics is a sport dating back to the times of the ancient empires of Egypt and China. This Olympic sport is loved around the world and can strengthen your muscles, steady your balance, sharpen your mental focus, and build your self-confidence. Register for learning the basic building blocks of the sport including proper stretching. Prerequisites: none.

| Prince George’s Sports & Learn Cmplx<br>splex@pgparks.com |  |
|---|--|
| 27316-568A<br>Tue   | 13 - 17yrs.<br>7:45 - 8:45pm<br>\$196(R); \$255(NR); \$147(IA)<br>12 classes<br>starts Sep 5     |
| 27316-568C<br>Sat   | 13 - 17yrs.<br>11:30am - 12:30pm<br>\$180(R); \$234(NR); \$135(IA)<br>11 classes<br>starts Sep 9 |



Tennis: Advanced 1

High school play level or formal tournament experience.

| Fairland Sports Complex | fairlandsports@pgparks.com                          |                            |
|-------------------------|---|----------------------------|
| 27304-523A<br>Fri       | 13 - 17yrs.<br>5:00 - 7:00pm<br>\$216(R); \$281(NR) | 12 classes<br>starts Sep 8 |
| 27304-523B<br>Sat       | 13 - 17yrs.<br>2:00 - 4:00pm<br>\$216(R); \$281(NR) | 12 classes<br>starts Sep 9 |

Tennis: Teens, Beginner

The ball is in your court! Start to learn basic tennis skills in this exciting course today! Tennis is great exercise for building self-confidence, hand-eye coordination, strength, and muscle tone. Tennis is fantastic for brain function. Sports like tennis require quick thinking, which can aid memory, learning, and social skills (think better grades). Keep your eye on the ball and do not miss this opportunity to learn a new sport while getting healthy!

| Cosca Tennis Bubble                                      | coscatennisbubble@pgparks.com                      |                            |
|--|--|----------------------------|
| 27302-519A<br>Sat  | 13 - 17yrs.<br>12:00 - 1:00pm<br>\$48(R); \$63(NR) | 6 classes<br>starts Sep 9  |
| 27302-519B<br>Sat  | 13 - 17yrs.<br>12:00 - 1:00pm<br>\$48(R); \$63(NR) | 6 classes<br>starts Oct 21 |
| Watkins Tennis Bubble<br>watkinstennisbubble@pgparks.com |  |                            |
| 27302-589A<br>Sat  | 13 - 17yrs.<br>2:00 - 3:00pm<br>\$60(R); \$78(NR)  | 6 classes<br>starts Sep 9  |
| 27302-589B<br>Sat  | 13 - 17yrs.<br>2:00 - 3:00pm<br>\$60(R); \$78(NR)  | 6 classes<br>starts Oct 21 |

Tennis: Teens, Intermediate

You got served! Increase reaction times, muscle tone, and strength in this next level tennis course! Learn intermediate tennis skills which will build your self-confidence, keep you healthy, and help you achieve your goals in the sport! Tennis is a great for hand-eye coordination, strength, muscle tone, and is fantastic for brain function. Sports like tennis require quick thinking which can aid memory, learning, and social skills (think better grades). Keep your eye on the ball and enroll today.

| Cosca Tennis Bubble | coscatennisbubble@pgparks.com                     |                            |
|---------------------|---|----------------------------|
| 27303-519A<br>Thu   | 13 - 17yrs.<br>6:00 - 7:00pm<br>\$48(R); \$63(NR) | 6 classes<br>starts Sep 7  |
| 27303-519B<br>Thu   | 13 - 17yrs.<br>6:00 - 7:00pm<br>\$48(R); \$63(NR) | 6 classes<br>starts Oct 19 |

Volleyball: Teens

Set it in the air and hit it anywhere! Get ready for the game of volleyball with other teens excited about this popular beach and Olympic sport. Learn basic skills, techniques, and exercises to get you in top physical shape to play your best. Volleyball teaches hand-eye coordination, builds muscles, keeps you active, and helps you develop great friendships with your teammates. Register today and we'll meet you at the net.

| Columbia Park Community Center<br>columbiaparkcc@pgparks.com |   |                            |
|--|---|----------------------------|
| 27322-518B<br>Thu  | 13 - 15yrs.<br>6:30 - 7:30pm<br>\$35(R); \$46(NR) | 8 classes<br>starts Oct 12 |

ADULTS

Billiards: Adults

Students with no previous experience will be introduced to basic skills, cue sport history, terminology, and techniques that will, with practice, allow students to learn and understand four games and various shot-making and skill-building exercises. Students are expected to practice between classes.

| Laurel-Beltsville Senior Activity Ctr<br>laurelbeltsvilleseniors@pgparks.com |   |                            |
|--|---|----------------------------|
| 27414-546A<br>Wed  | 18 & up<br>5:30 - 7:00pm<br>\$37(R); \$49(NR) | 5 classes<br>starts Sep 20 |

Billiards: Adults, Level II

Cue up excitement! If you have some previous billiards experience (forming a bridge, understanding stroke and aiming concepts), we will develop more of your basic skill sets. Finish class understanding: four games, various shots, cue sport history, more terms, and techniques. Additionally, billiards is a fantastic way to socialize, improve your analytical skills, get focused, and achieve balance.

| Laurel-Beltsville Senior Activity Ctr<br>laurelbeltsvilleseniors@pgparks.com |   |                            |
|--|---|----------------------------|
| 27422-546B<br>Wed  | 18 & up<br>5:30 - 7:00pm<br>\$37(R); \$49(NR) | 6 classes<br>starts Oct 25 |

Gymnastics: Adults

Lift your body and lift your spirits! You can remain flexible at any age when you begin with basic gymnastic skills. We'll show you, in a safe and fun environment, how to become more bendable with your muscles. Sign up today and cultivate comradery with your new friends. Watch your love for gymnastics grow as your strength, balance, and mood improves by the end of our course.

| Prince George’s Sports & Learn Cmplx<br>splex@pgparks.com |  |                            |
|---|--|----------------------------|
| 27416-568C<br>Thu   | 18 & up<br>7:30 - 8:30pm<br>\$196(R); \$255(NR); \$147(LA) | 12 classes<br>starts Sep 7 |

Ice Hockey Clinic: Adults

For beginning to intermediate players interested in sharpening skills. Requires good skating ability, elbow pads, hockey helmet with full face covering, hockey gloves, pants, skates, stick, mouth guard, neck protector, protective cup, shin guards and shoulder pads/chest protector. Street hockey equipment may NOT be used.

| Herbert W. Wells Ice Rink | wellsicerink@pgparks.com                       |                           |
|---------------------------|--|---------------------------|
| 27401-533A<br>Sat         | 18 & up<br>7:00 - 8:30am<br>\$90(R); \$117(NR) | 6 classes<br>starts Nov 4 |

Ice Skating: Adults, All Levels

Find your footing and glide into this adult ice skating class! We will teach you various ice skating skills according to your ability and skating level Pre-Alpha (beginner skills) to Beta (intermediate skills). In addition, ice skating will keep you healthy, build self-confidence, relieve stress, and improve your mental and physical endurance. Lace up those skates and join us on the ice!

| Herbert W. Wells Ice Rink | wellsicerink@pgparks.com                        |                           |
|---------------------------|---|---------------------------|
| 27419-533A<br>Sat         | 18 & up<br>11:00 - 11:30am<br>\$70(R); \$91(NR) | 6 classes<br>starts Nov 4 |
| 27419-533B<br>Sat         | 18 & up<br>12:45 - 1:15pm<br>\$70(R); \$91(NR)  | 6 classes<br>starts Nov 4 |
| 27419-533C<br>Mon         | 18 & up<br>7:00 - 7:30pm<br>\$70(R); \$91(NR)   | 6 classes<br>starts Nov 6 |

Pickleball

Ready to try a new sport you may have never heard of? Pickleball combines elements of tennis, table tennis, and badminton. Gain greater balance, flexibility, endurance, and energy with each game you play. Get great exercise without being too strenuous. This is a popular sport all over the world and is one of the fastest growing games in North America. Register today and begin to play the game with a goofy name.

| Patuxent Community Center | patuxentcc@pgparks.com                        |                            |
|---------------------------|---|----------------------------|
| 27429-560C<br>Sat         | 18 & up<br>9:15am - 1:00pm<br>Free            | 11 classes<br>starts Sep 9 |
| 27429-560A<br>Mon         | 18 & up<br>6:00 - 7:30pm<br>\$42(R); \$55(NR) | 6 classes<br>starts Sep 11 |
| 27429-560B<br>Mon         | 18 & up<br>6:00 - 7:30pm<br>\$42(R); \$55(NR) | 6 classes<br>starts Oct 23 |

Tennis: Beginner 1

Did you know tennis was played by King Henry VIII and his personal tennis court is still in use today? Begin your journey to play like royalty when you join us for this exciting course. Learn basic tennis techniques including different strokes to play the game properly. Gain an understanding of how to score a match. Develop your fitness level and build athletic skills. Register today and find out how life is better when you play tennis.

| Cosca Tennis Bubble                                  | coscatennisbubble@pgparks.com                   |                            |
|--|---|----------------------------|
| 27402-519A<br>Tue                                    | 18 & up<br>6:00 - 7:00pm<br>\$54(R); \$71(NR)   | 6 classes<br>starts Sep 5  |
| 27402-519B<br>Sun                                    | 18 & up<br>2:00 - 3:00pm<br>\$54(R); \$71(NR)   | 6 classes<br>starts Sep 10 |
| 27402-519C<br>Tue                                    | 18 & up<br>6:00 - 7:00pm<br>\$54(R); \$71(NR)   | 6 classes<br>starts Oct 17 |
| 27402-519D<br>Sun                                    | 18 & up<br>2:00 - 3:00pm<br>\$54(R); \$71(NR)   | 6 classes<br>starts Oct 22 |
| Good Luck Community Center<br>goodluckcc@pgparks.com |   |                            |
| 27402-529AA<br>Sat                                   | 18 & up<br>11:00 - 11:50am<br>\$60(R); \$78(NR) | 8 classes<br>starts Sep 16 |

Tennis: Beginner 2

Review beginner skills, and focus on backhand strokes and scoring. Prerequisite: completion of a minimum of one beginning class.

| Cosca Tennis Bubble | coscatennisbubble@pgparks.com                 |                            |
|---------------------|---|----------------------------|
| 27403-519A<br>Tue   | 18 & up<br>7:00 - 8:00pm<br>\$54(R); \$71(NR) | 6 classes<br>starts Sep 5  |
| 27403-519B<br>Sun   | 18 & up<br>3:00 - 4:00pm<br>\$54(R); \$71(NR) | 6 classes<br>starts Sep 10 |
| 27403-519C<br>Tue   | 18 & up<br>7:00 - 8:00pm<br>\$54(R); \$71(NR) | 6 classes<br>starts Oct 17 |
| 27403-519D<br>Sun   | 18 & up<br>3:00 - 4:00pm<br>\$54(R); \$71(NR) | 6 classes<br>starts Oct 22 |

Tennis: Doubles Drill

Tennis anyone? Youve got the moves and weve got the drills. Our classes feature drills and techniques with play, positioning, and strategy work. Enhance your health, mood, and tennis skills through class participation! Well get you ready for center court!

| Fairland Sports Complex | fairlandsports@pgparks.com                       |                             |
|-------------------------|--|-----------------------------|
| 27407-523C<br>Sat       | 18 & up<br>9:00 - 11:00am<br>\$264(R); \$344(NR) | 12 classes<br>starts Sep 9  |
| 27407-523A<br>Mon       | 18 & up<br>12:00 - 2:00pm<br>\$264(R); \$344(NR) | 12 classes<br>starts Sep 11 |
| 27407-523B<br>Mon       | 18 & up<br>7:00 - 9:00pm<br>\$264(R); \$344(NR)  | 12 classes<br>starts Sep 11 |

Tennis: Doubles Strategy

Team play, player positioning on the court, and game strategy.

| Watkins Tennis Bubble<br>watkinstennisbubble@pgparks.com |   |                            |
|--|---|----------------------------|
| 27410-589A<br>Sun  | 18 & up<br>5:00 - 7:00pm<br>\$120(R); \$156(NR) | 6 classes<br>starts Sep 10 |
| 27410-589B<br>Sun  | 18 & up<br>5:00 - 7:00pm<br>\$120(R); \$156(NR) | 6 classes<br>starts Oct 22 |

Tennis: Intermediate 1

Play a set, win the match, get in the game! Get better on the court by learning intermediate tennis skills including serving rules, scoring, and stroke review. Gain the self-confidence you need to win in this exciting sport and be empowered to move to next level victories! Past participation in a beginning or advanced beginning tennis class is recommended.

| Cosca Tennis Bubble | coscatennisbubble@pgparks.com                 |                            |
|---------------------|---|----------------------------|
| 27404-519A<br>Thu   | 18 & up<br>7:00 - 8:00pm<br>\$54(R); \$71(NR) | 6 classes<br>starts Sep 7  |
| 27404-519B<br>Thu   | 18 & up<br>7:00 - 8:00pm<br>\$54(R); \$71(NR) | 6 classes<br>starts Oct 19 |

Tennis: Technique Drills, Beginner

Don't throw in the towel! Learn drills and techniques with play, positioning, and strategy work. You'll improve your fitness level and build self-confidence as you achieve your tennis goals. Take this class to perfect your backhand and get the advantage!

| Fairland Sports Complex                                  | fairlandsports@pgparks.com                      |                            |
|--|---|----------------------------|
| 27408-523A<br>Tue  | 18 & up<br>6:00 - 7:30pm<br>\$208(R); \$271(NR) | 12 classes<br>starts Sep 5 |
| Watkins Tennis Bubble<br>watkinstennisbubble@pgparks.com |   |                            |
| 27408-589A<br>Fri  | 18 & up<br>7:00 - 8:00pm<br>\$60(R); \$78(NR)   | 6 classes<br>starts Sep 8  |
| 27408-589B<br>Fri  | 18 & up<br>7:00 - 8:00pm<br>\$60(R); \$78(NR)   | 6 classes<br>starts Oct 20 |

Tennis: Technique Drills, Intermediate

Classes feature drills and technique with play, positioning, and strategy work.

| Fairland Sports Complex | fairlandsports@pgparks.com                         |                            |
|-------------------------|--|----------------------------|
| 27411-523A<br>Tue       | 18 & up<br>7:30 - 9:00pm<br>\$208(R); \$271(NR)    | 12 classes<br>starts Sep 5 |
| 27411-523B<br>Fri       | 18 & up<br>11:00am - 1:00pm<br>\$264(R); \$344(NR) | 12 classes<br>starts Sep 8 |

MIXED AGES

Basketball Clinic: Mixed Ages

It's a slam dunk! We will get you ready for the basketball courts in this clinic where we teach shooting, defensive techniques, and other moves in the sport. Develop your game skills and become more self-confident in being a good player!

| Seat Pleasant Activity Center<br>seatpleasantac@pgparks.com |   |                           |
|---|---|---------------------------|
| 27627-573A<br>Mon, Wed                                      | 3 - 6yrs.<br>6:00 - 6:50pm<br>\$60(R); \$78(NR)   | 7 classes<br>starts Sep 6 |
| 27627-573C<br>Mon, Wed                                      | 11 - 14yrs.<br>8:00 - 8:50pm<br>\$60(R); \$78(NR) | 7 classes<br>starts Sep 6 |
| 27627-573B<br>Mon, Wed                                      | 3 - 6yrs.<br>6:00 - 6:50pm<br>\$60(R); \$78(NR)   | 8 classes<br>starts Oct 2 |
| 27627-573D<br>Mon, Wed                                      | 11 - 14yrs.<br>8:00 - 8:50pm<br>\$60(R); \$78(NR) | 8 classes<br>starts Oct 2 |

Basketball Skills: Children

Have you ever wondered how your favorite basketball player got started in the sport? They had to learn the basics of basketball before they became professional. We will show you some of what they learned through this fun class of basic basketball skills, drills, conditioning, and techniques. Get great exercise and build your self-esteem!

| North Brentwood Community Center<br>northbrentwoodcc@pgparks.com |   |                            |
|--|---|----------------------------|
| 27667-552A<br>Mon  | 4 - 6yrs.<br>5:30 - 6:45pm<br>\$20(R); \$26(NR) | 7 classes<br>starts Sep 11 |
| 27667-552b<br>Mon  | 4 - 6yrs.<br>5:30 - 6:30pm<br>\$20(R); \$26(NR) | 7 classes<br>starts Nov 6  |

Basketball: Mixed Ages, Beginner

Give it your best shot! Our class will increase your knowledge, skills, and techniques for the game of basketball. Join players of all ages who are learning the basics of this heart healthy, confidence building, and mood-boosting sport.

| Bladensburg Community Center<br>bladensburgcc@pgparks.com |  |                            |
|---|--|----------------------------|
| 27628-507A<br>Tue   | 6 - 16yrs.<br>7:00 - 8:00pm<br>\$40(R); \$52(NR)     | 8 classes<br>starts Sep 5  |
| 27628-507B<br>Tue   | 6 - 16yrs.<br>7:00 - 8:00pm<br>\$20(R); \$26(NR)     | 4 classes<br>starts Nov 7  |
| Good Luck Community Center<br>goodluckcc@pgparks.com      |  |                            |
| 27628-529AA<br>Sat  | 5 - 6yrs.<br>1:00 - 1:50pm<br>\$45(R); \$59(NR)      | 8 classes<br>starts Sep 16 |
| 27628-529BB<br>Sat  | 5 - 6yrs.<br>3:00 - 3:50pm<br>\$45(R); \$59(NR)      | 8 classes<br>starts Sep 16 |
| Palmer Park Community Center<br>palmerparkcc@pgparks.com  |  |                            |
| 27628-557E<br>Wed   | 8 - 14yrs.<br>7:15 - 8:15pm<br>\$20(R); \$26(NR)     | 4 classes<br>starts Oct 4  |
| 27628-557B<br>Sat   | 8 - 14yrs.<br>11:15am - 12:15pm<br>\$20(R); \$26(NR) | 4 classes<br>starts Oct 7  |
| 27628-557F<br>Wed   | 8 - 14yrs.<br>7:15 - 8:15pm<br>\$15(R); \$20(NR)     | 3 classes<br>starts Nov 1  |
| 27628-557C<br>Sat   | 8 - 14yrs.<br>11:15am - 12:15pm<br>\$15(R); \$20(NR) | 3 classes<br>starts Nov 4  |
| South Bowie Community Center<br>southbowiecc@pgparks.com  |  |                            |
| 27628-574A<br>Sat   | 5 - 7yrs.<br>11:30am - 12:30pm<br>\$50(R); \$65(NR)  | 8 classes<br>starts Sep 9  |
| 27628-574B<br>Sat   | 9 - 14yrs.<br>12:45 - 1:45pm<br>\$50(R); \$65(NR)    | 8 classes<br>starts Sep 9  |
| 27628-574AA<br>Sat  | 5 - 7yrs.<br>11:30am - 12:30pm<br>\$25(R); \$33(NR)  | 4 classes<br>starts Nov 11 |
| 27628-574BB<br>Sat  | 9 - 14yrs.<br>12:45 - 1:45pm<br>\$25(R); \$33(NR)    | 4 classes<br>starts Nov 11 |

Basketball: Mixed Ages, Advanced

Learn advanced basketball skills. Topics to be covered on and off the court include skills, team play, nutrition, physical training, officiating and more.

| Bladensburg Community Center<br>bladensburgcc@pgparks.com |   |                            |
|---|---|----------------------------|
| 27629-507A<br>Thu   | 9 - 16yrs.<br>7:00 - 8:00pm<br>\$40(R); \$52(NR)  | 8 classes<br>starts Sep 7  |
| 27629-507B<br>Thu   | 9 - 16yrs.<br>7:00 - 8:00pm<br>\$15(R); \$20(NR)  | 4 classes<br>starts Nov 9  |
| South Bowie Community Center<br>southbowiecc@pgparks.com  |   |                            |
| 27629-574A<br>Sat   | 10 - 14yrs.<br>2:00 - 3:00pm<br>\$50(R); \$65(NR) | 8 classes<br>starts Sep 9  |
| 27629-574B<br>Sat   | 10 - 14yrs.<br>2:00 - 3:00pm<br>\$25(R); \$33(NR) | 4 classes<br>starts Nov 11 |

Basketball: Shooting Skills

Shoot and score! Join us to improve your free throw and jump shot. Build your basic basketball fundamentals while meeting new friends. We will be using a shooting machine to allow you to reach your potential!

| Bladensburg Community Center<br>bladensburgcc@pgparks.com |   |                           |
|---|---|---------------------------|
| 276010-507A<br>Mon  | 10 - 17yrs.<br>7:00 - 8:00pm<br>\$50(R); \$65(NR) | 8 classes<br>starts Sep 4 |
| 276010-507B<br>Mon  | 10 - 17yrs.<br>7:00 - 8:00pm<br>\$25(R); \$33(NR) | 4 classes<br>starts Nov 6 |

Boys Soccer: Pickup Games

These games are designed to allow participants to play “drop-in” soccer. Staff will be on-hand to provide guidance to improve techniques, fundamentals and soccer IQ.

| North Brentwood Community Center<br>northbrentwoodcc@pgparks.com |   |                            |
|--|---|----------------------------|
| 27698-552A<br>Sat  | 12 - 59yrs.<br>2:30 - 3:45pm<br>\$6(R); \$8(NR) | 10 classes<br>starts Sep 9 |

Flag Football Fundamentals

Are you ready for some football? Join us in this flag football series where co-ed participants will receive fundamental instruction in numerous offensive and defensive positions, all while learning the rules and techniques of the flag game (no helmets, pads, etc.). Boys and girls will be able to enhance their overall football ability and understand the sport in a fun and safe environment.

| Glenn Dale Community Center<br>glenndalecc@pgparks.com |  |                           |
|--|--|---------------------------|
| 276008-527A<br>Sat                                     | 6 - 13yrs.<br>1:00 - 2:00pm<br>\$30(R); \$39(NR) | 6 classes<br>starts Sep 9 |
| 276008-527B<br>Sat                                     | 6 - 13yrs.<br>2:00 - 3:00pm<br>\$30(R); \$39(NR) | 6 classes<br>starts Sep 9 |

Football Skills: Mixed Ages

Sharpen your football skills. Get familiar with the game's basics. Learn how to develop discipline and a good work ethic. Enjoy teamwork and build friendships at the same time. Gain mental and physical toughness. Playing football may help you become a better student also. Sign up today and get great exercise through this fun sport.

| Oakcrest Community Center<br>oakcrestcc@pgparks.com |   |                            |
|---|---|----------------------------|
| 27684-555A<br>Mon                                   | 11 - 15yrs.<br>7:00 - 8:00pm<br>\$30(R); \$39(NR) | 5 classes<br>starts Sep 25 |
| 27684-555B<br>Mon                                   | 11 - 15yrs.<br>7:00 - 8:00pm<br>\$30(R); \$39(NR) | 5 classes<br>starts Oct 30 |

Gymnastics: Boys Silver, Mixed Ages

To be successful at the Boys Silver Level, your child should be able to perform these skills without assistance: forward & backward roll and cartwheels (both sides). Also, he should have the strength to: support themselves on the pommel horse & parallel bars, and pull their chin up to the horizontal bar from a hang.

| Prince George's Sports & Learn Cmplx<br>splex@pgparks.com |   |                            |
|---|---|----------------------------|
| 27657-568A<br>Tue   | 6 & up<br>6:45 - 8:00pm<br>\$220(R); \$286(NR); \$165(IA) | 12 classes<br>starts Sep 5 |

Gymnastics: Boys, Mixed Ages, Bronze Level

Want to be a great “all-around” gymnast? We provide basic instruction on vault, bars, pommel horse, parallel bars, rings, tumbling, and trampoline. Develop your gymnastic skills, self-confidence, overall fitness, and make friends with other rising stars! No prerequisites.

| Fairland Sports Complex<br>fairlandsports@pgparks.com     |   |                            |
|---|---|----------------------------|
| 27634-523B<br>Wed   | 5 - 7yrs.<br>5:00 - 5:45pm<br>\$189(R); \$246(NR)             | 13 classes<br>starts Sep 6 |
| 27634-523C<br>Sat   | 5 - 7yrs.<br>10:00 - 10:45am<br>\$189(R); \$246(NR)           | 13 classes<br>starts Sep 9 |
| Prince George's Sports & Learn Cmplx<br>splex@pgparks.com |   |                            |
| 27634-568B<br>Tue   | 5 - 8yrs.<br>4:30 - 5:30pm<br>\$196(R); \$255(NR); \$147(IA)  | 12 classes<br>starts Sep 5 |
| 27634-568C<br>Tue   | 5 - 8yrs.<br>5:45 - 6:45pm<br>\$196(R); \$255(NR); \$147(IA)  | 12 classes<br>starts Sep 5 |
| 27634-568F<br>Tue   | 9 - 17yrs.<br>7:45 - 8:45pm<br>\$196(R); \$255(NR); \$147(IA) | 12 classes<br>starts Sep 5 |
| 27634-568A<br>Wed   | 5 - 8yrs.<br>6:30 - 7:30pm<br>\$196(R); \$255(NR); \$147(IA)  | 12 classes<br>starts Sep 6 |
| 27634-568E<br>Sat   | 5 - 8yrs.<br>9:15 - 10:15am<br>\$180(R); \$234(NR); \$135(IA) | 11 classes<br>starts Sep 9 |

Gymnastics: Girls, Mixed Ages, Bronze Level

This class is an introduction to basic gymnastics, dance, and strength skills. Apparatus, including vault, bars, beam, tumbling mats, and trampoline will be utilized. Prerequisites: none.

| Fairland Sports Complex<br>fairlandsports@pgparks.com |   |                             |
|---|---|-----------------------------|
| 27608-523C<br>Tue                                     | 5 - 6yrs.<br>4:00 - 4:45pm<br>\$174(R); \$227(NR)     | 12 classes<br>starts Sep 5  |
| 27608-523D<br>Tue                                     | 5 - 6yrs.<br>6:00 - 6:45pm<br>\$174(R); \$227(NR)     | 12 classes<br>starts Sep 5  |
| 27608-523E<br>Wed                                     | 5 - 6yrs.<br>4:30 - 5:15pm<br>\$189(R); \$246(NR)     | 13 classes<br>starts Sep 6  |
| 27608-523C<br>Thu                                     | 5 - 6yrs.<br>4:00 - 4:45pm<br>\$174(R); \$227(NR)     | 12 classes<br>starts Sep 7  |
| 27608-523H<br>Sat                                     | 5 - 6yrs.<br>11:30am - 12:15pm<br>\$189(R); \$246(NR) | 13 classes<br>starts Sep 9  |
| 27608-523A<br>Mon                                     | 5 - 6yrs.<br>4:30 - 5:15pm<br>\$174(R); \$227(NR)     | 12 classes<br>starts Sep 11 |
| 27608-523B<br>Mon                                     | 5 - 6yrs.<br>6:30 - 7:15pm<br>\$174(R); \$227(NR)     | 12 classes<br>starts Sep 11 |

Gymnastics: Girls, Mixed Ages, Gold Level

Prerequisites: Girls Silver Level or floor skills: backbend kick over, round-off and handstand roll. Bar skills: pullover, 5 casts and 3 tap swings.

| Prince George's Sports & Learn Cmplx<br>splex@pgparks.com |   |                             |
|---|---|-----------------------------|
| 27609-568C<br>Tue   | 7 - 17yrs.<br>5:45 - 7:00pm<br>\$220(R); \$286(NR); \$165(IA)     | 12 classes<br>starts Sep 5  |
| 27609-568D<br>Tue, Thu                                    | 7 - 17yrs.<br>5:45 - 7:00pm<br>\$367(R); \$478(NR); \$276(IA)     | 24 classes<br>starts Sep 5  |
| 27609-568B<br>Mon, Wed                                    | 7 - 17yrs.<br>7:15 - 8:30pm<br>\$367(R); \$478(NR); \$276(IA)     | 24 classes<br>starts Sep 6  |
| 27609-568E<br>Wed   | 7 - 17yrs.<br>7:15 - 8:30pm<br>\$220(R); \$286(NR); \$165(IA)     | 12 classes<br>starts Sep 6  |
| 27609-568F<br>Thu   | 7 - 17yrs.<br>5:45 - 7:00pm<br>\$220(R); \$286(NR); \$165(IA)     | 12 classes<br>starts Sep 7  |
| 27609-568H<br>Sat   | 7 - 17yrs.<br>11:30am - 12:45pm<br>\$202(R); \$263(NR); \$152(IA) | 11 classes<br>starts Sep 9  |
| 27609-568G<br>Sat   | 7 - 17yrs.<br>9:15 - 10:30am<br>\$202(R); \$263(NR); \$152(IA)    | 11 classes<br>starts Sep 9  |
| 27609-568A<br>Mon   | 7 - 17yrs.<br>7:15 - 8:30pm<br>\$220(R); \$286(NR); \$165(IA)     | 12 classes<br>starts Sep 11 |



Gymnastics: Girls, Mixed Ages, Mixed Skills

Become head over heels for gymnastics! Bond with other pre-teen and teen girls in this empowering class of agility. Develop your flexibility, strengthen your mental focus, grow your self-confidence, and expand your social skills with each session. Begin to achieve balance in your life. Reserve your spot and turn your life upside down.

| Fairland Sports Complex | fairlandsports@pgparks.com |              |
|-------------------------|----------------------------|--------------|
| 27642-523A              | 12 - 17yrs.                | 13 classes   |
| Wed                     | 7:30 - 8:30pm              | starts Sep 6 |
|                         | \$208(R); \$271(NR)        |              |

Gymnastics: Girls, Platinum Level

Prerequisites: Girls, Gold Level or floor skills: back walkover, back handspring, front limber, handstand roll and round off rebound. Bar skills: pullover, back hip circle, 5 tap swings, and 3 pull-ups with block.

| Prince George’s Sports & Learn Cmplx<br>splex@pgparks.com |                                |              |
|---|--------------------------------|--------------|
| 27610-568A  | 8 - 17yrs.                     | 12 classes   |
| Tue   | 7:00 - 8:30pm                  | starts Sep 5 |
|   | \$239(R); \$311(NR); \$180(IA) |              |
| 27610-568B  | 8 - 17yrs.                     | 24 classes   |
| Tue, Thu  | 7:00 - 8:30pm                  | starts Sep 5 |
|   | \$403(R); \$524(NR); \$303(IA) |              |
| 27610-568D  | 8 - 17yrs.                     | 12 classes   |
| Wed   | 7:15 - 8:45pm                  | starts Sep 6 |
|   | \$239(R); \$311(NR); \$180(IA) |              |
| 27610-568C  | 8 - 17yrs.                     | 12 classes   |
| Thu   | 7:00 - 8:30pm                  | starts Sep 7 |
|   | \$239(R); \$311(NR); \$180(IA) |              |

Gymnastics: Girls, Platinum/Diamond Levels

Prerequisites: Girls, Gold Level or floor skills: back walkover, back handspring, front limber, handstand roll and round off rebound. Bar skills: pullover, back hip circle, 5 tap swings, and 3 pull-ups with block.

| Fairland Sports Complex | fairlandsports@pgparks.com |              |
|-------------------------|----------------------------|--------------|
| 27640-523A              | 8 - 17yrs.                 | 12 classes   |
| Tue                     | 7:00 - 8:30pm              | starts Sep 5 |
|                         | \$240(R); \$312(NR)        |              |

Gymnastics: Home-School, Coed, Bronze Level

Rock, tumble, and roll! Gymnastics is a sport dating back to the times of the ancient empires of Egypt and China. This Olympic sport is loved around the world and can strengthen your muscles, steady your balance, sharpen your mental focus, and build your self-confidence. Register for learning the basic building blocks of the sport including proper stretching. Prerequisites: none.

| Prince George’s Sports & Learn Cmplx<br>splex@pgparks.com |                                |              |
|---|--------------------------------|--------------|
| 27613-568A  | 4 - 6yrs.                      | 12 classes   |
| Tue   | 1:00 - 2:00pm                  | starts Sep 5 |
|   | \$196(R); \$255(NR); \$147(IA) |              |
| 27613-568B  | 7 - 17yrs.                     | 12 classes   |
| Tue   | 1:00 - 2:00pm                  | starts Sep 5 |
|   | \$196(R); \$255(NR); \$147(IA) |              |

Gymnastics: Home-School, Girls, Silver & Gold

Improve your gymnastic skills with us! Get ready to learn bridges, round-offs, and handstand rolls. Well introduce you to more difficult tumbling skills. Gain knowledge of bar skills including pullovers, tap swings, and casting to back hip circle. Enjoy the strength, discipline, coordination, and balance which gymnastics continues to develop at this level. Prerequisites: girls bronze level or home school bronze level.

| Prince George’s Sports & Learn Cmplx<br>splex@pgparks.com |                                |              |
|---|--------------------------------|--------------|
| 27671-568A  | 6 - 17yrs.                     | 12 classes   |
| Tue   | 2:00 - 3:00pm                  | starts Sep 5 |
|   | \$196(R); \$255(NR); \$147(IA) |              |

Gymnastics: Tumbling, Beginner

Is your inner gymnast flipping to learn a new skill? This class is for the student or cheerleader who wants to focus on progressive tumbling skills only. Develop your: self-confidence, strength, coordination, flexibility, and socialize with other tumblers while you increase in your gymnastic abilities! Prerequisite: Floor skills - forward and backward roll, cartwheel, and handstand.

| Prince George’s Sports & Learn Cmplx<br>splex@pgparks.com |                                |              |
|---|--------------------------------|--------------|
| 27615-568A  | 6 - 17yrs.                     | 12 classes   |
| Tue   | 7:45 - 8:45pm                  | starts Sep 5 |
|   | \$196(R); \$255(NR); \$147(IA) |              |

Gymnastics: Tumbling, Intermediate

Designed for the student or cheerleader who wants to focus on progressive tumbling skills only. Prerequisite: Floor skills - forward and backward roll, cartwheel and must be able to do a standing back handspring without spot.

| Prince George’s Sports & Learn Cmplx<br>splex@pgparks.com |                                |              |
|---|--------------------------------|--------------|
| 27616-568A  | 6 - 17yrs.                     | 12 classes   |
| Wed   | 7:30 - 8:45pm                  | starts Sep 6 |
|   | \$220(R); \$286(NR); \$165(IA) |              |

Gymnastics: Tumbling, Advanced

You are gonna flip out! If you are a student or cheerleader who wants to work on advanced tumbling skills, this is your class! Develop your self-confidence, strength, coordination, flexibility, and socialize with other tumblers while you increase in your gymnastic abilities! Prerequisite: Must be able to do both standing back handspring without spot and round off back handspring.

| Prince George’s Sports & Learn Cmplx<br>splex@pgparks.com |                                |              |
|---|--------------------------------|--------------|
| 27617-568A  | 7 - 17yrs.                     | 12 classes   |
| Wed   | 7:30 - 8:45pm                  | starts Sep 6 |
|   | \$220(R); \$286(NR); \$165(IA) |              |

Ice Hockey Clinic: Mixed Ages

An all inclusive hockey class that will work on flow drills, game situations, stick handling, shooting, power play, penalty kicking, positional play, and checking. Full hockey equipment is required.

| Herbert W. Wells Ice Rink | wellsicerink@pgparks.com |              |
|---------------------------|--------------------------|--------------|
| 27618-533A                | 8 - 17yrs.               | 6 classes    |
| Tue                       | 6:15 - 7:30pm            | starts Nov 7 |
|                           | \$90(R); \$117(NR)       |              |

Ice Hockey: Goalie Skills

For beginners and advanced goalies who want to work on their crease movement and technique. Full goalie equipment is required.

| Herbert W. Wells Ice Rink | wellsicerink@pgparks.com |              |
|---------------------------|--------------------------|--------------|
| 27619-533A                | 8 - 17yrs.               | 6 classes    |
| Sat                       | 9:45 - 10:45am           | starts Nov 4 |
|                           | \$80(R); \$104(NR)       |              |

Ice Skating: Freestyle

Are you at home on the ice? This class is designed for Freestyle 1. Above level skaters will learn high level skills including new footwork. This program includes off-ice conditioning. Skaters will master graceful arm movements and posture, and develop new footwork including step-straight-line and circular. Go beyond the basics and be a part of our cool program!

| Herbert W. Wells Ice Rink | wellsicerink@pgparks.com |              |
|---------------------------|--------------------------|--------------|
| 27621-533A                | 6 & up                   | 6 classes    |
| Mon                       | 7:30 - 8:15pm            | starts Nov 6 |
|                           | \$90(R); \$117(NR)       |              |

Ice Skating: Hockey, Beginner

Beginning skating skills specific to hockey including balance, forward and backward skating, stopping, and turning. Hockey gloves, a hockey helmet with a full face covering, and a mouth guard are required.

| Herbert W. Wells Ice Rink | wellsicerink@pgparks.com |              |
|---------------------------|--------------------------|--------------|
| 27622-533A                | 6 - 17yrs.               | 6 classes    |
| Sat                       | 8:45 - 9:30am            | starts Nov 4 |
|                           | \$80(R); \$104(NR)       |              |

Ice Skating: Hockey, Intermediate

Intermediate skating skills specific to hockey including balance, forward and backward skating, turning, stopping, agility and speed. Must have successfully completed Hockey Skating, Beginning. Hockey gloves, a hockey helmet with a full face covering, and a mouth guard are required.

| Herbert W. Wells Ice Rink | wellsicerink@pgparks.com |              |
|---------------------------|--------------------------|--------------|
| 27623-533A                | 6 - 17yrs.               | 6 classes    |
| Sat                       | 8:45 - 9:30am            | starts Nov 4 |
|                           | \$80(R); \$104(NR)       |              |

Lacrosse 101

Did you lacrosse is the official team sport of the state of Maryland? Register now for this fast play game of teamwork and agility. Beginner and intermediate level players will learn the basics including stick skills (throwing, cradling, scooping, shooting) as well as offensive and defensive positioning. Requirements to bring: athletic wear and tennis shoes. A limited amount of lacrosse helmets and sticks are available to borrow but you can bring your own. Lacrosse 101 clinics are FREE for participants.

A limited amount of lacrosse sticks are available to borrow but you can bring your own.

| Glenn Dale Community Center<br>glenndalecc@pgparks.com |                   |               |
|--|-------------------|---------------|
| 27677-527A   | 6 - 13yrs.        | 4 classes     |
| Sat  | 12:00 - 1:00pm    | starts Sep 9  |
|  | \$30(R); \$39(NR) |               |
| 27677-527C   | 6 - 13yrs.        | 4 classes     |
| Sat  | 1:00 - 2:00pm     | starts Sep 9  |
|  | \$30(R); \$39(NR) |               |
| 27677-527B   | 6 - 13yrs.        | 4 classes     |
| Sat  | 12:00 - 1:00pm    | starts Oct 14 |
|  | \$30(R); \$39(NR) |               |
| 27677-527D   | 6 - 13yrs.        | 4 classes     |
| Sat  | 1:00 - 2:00pm     | starts Oct 14 |
|  | \$30(R); \$39(NR) |               |

Learn to Skate: Basic 1

Lace-up those skates! Skating is a fun sport and a great form of exercise. In this beginner’s course, skaters will learn to sit and stand up on ice; march forward across the ice; a forward two-foot glide; dip; forward swizzles; backward wiggles; a beginner’s snowplow stop on two feet or one foot; and a bonus skill of a two-foot hop in place.

| Tucker Road Ice Rink | tuckerroadicerink@pgparks.com |              |
|----------------------|-------------------------------|--------------|
| 276012-585A          | 6 - 16yrs.                    | 6 classes    |
| Sat                  | 11:45am - 12:15pm             | starts Sep 9 |
|                      | \$80(R); \$104(NR)            |              |
| 276012-585B          | 6 - 16yrs.                    | 6 classes    |
| Sat                  | 12:15 - 12:45pm               | starts Sep 9 |
|                      | \$80(R); \$104(NR)            |              |
| 276012-585C          | 6 - 16yrs.                    | 6 classes    |
| Sat                  | 11:45am - 12:15pm             | starts Nov 4 |
|                      | \$80(R); \$104(NR)            |              |
| 276012-585D          | 6 - 16yrs.                    | 6 classes    |
| Sat                  | 12:15 - 12:45pm               | starts Nov 4 |
|                      | \$80(R); \$104(NR)            |              |

Learn to Skate: Basic 2

Get back out on the ice! Build your ice-skating skills. In this course, skaters will learn scooter pushes; forward one-foot glides; backward two-foot glide; glide the length of the skater’s height; rocking horse (one forward swizzle, one backward swizzle); backward swizzles; two-foot turns from forward to backward in place; moving snowplow stop; and a bonus skill of curves.

| Tucker Road Ice Rink | tuckerroadicerink@pgparks.com |              |
|----------------------|-------------------------------|--------------|
| 276013-585A          | 6 - 16yrs.                    | 6 classes    |
| Sat                  | 11:45am - 12:15pm             | starts Sep 9 |
|                      | \$80(R); \$104(NR)            |              |
| 276013-585B          | 6 - 16yrs.                    | 6 classes    |
| Sat                  | 12:15 - 12:45pm               | starts Sep 9 |
|                      | \$80(R); \$104(NR)            |              |
| 276013-585C          | 6 - 16yrs.                    | 6 classes    |
| Sat                  | 11:45am - 12:15pm             | starts Nov 4 |
|                      | \$80(R); \$104(NR)            |              |
| 276013-585D          | 6 - 16yrs.                    | 6 classes    |
| Sat                  | 12:15 - 12:45pm               | starts Nov 4 |
|                      | \$80(R); \$104(NR)            |              |

Learn to Skate: Basic 3

Take your ice skating to the next level! In this course, skaters will learn a beginner forward stroke, using correct use of blade; forward half swizzle pump on a circle; move forward to backward two-foot turns on a circle; learn a beginner’s backward one-foot glides, while focusing on balance; backward snowplow stop on the right and left foot; forward slalom; and bonus skills, forward pivots.

| Tucker Road Ice Rink | tuckerroadicerink@pgparks.com |              |
|----------------------|-------------------------------|--------------|
| 276014-585A          | 6 - 16yrs.                    | 6 classes    |
| Sat                  | 11:45am - 12:15pm             | starts Sep 9 |
|                      | \$80(R); \$104(NR)            |              |
| 276014-585B          | 6 - 16yrs.                    | 6 classes    |
| Sat                  | 12:15 - 12:45pm               | starts Sep 9 |
|                      | \$80(R); \$104(NR)            |              |
| 276014-585C          | 6 - 16yrs.                    | 6 classes    |
| Sat                  | 11:45am - 12:15pm             | starts Nov 4 |
|                      | \$80(R); \$104(NR)            |              |
| 276014-585D          | 6 - 16yrs.                    | 6 classes    |
| Sat                  | 12:15 - 12:45pm               | starts Nov 4 |
|                      | \$80(R); \$104(NR)            |              |

Learn to Skate: Basic 4

Meet us at the rink! In this course, skaters will learn to forward outside edge on a circle, right and left; forward inside edge on a circle, right and left; forward crossovers; backward half swizzle pumps on a circle; backward one-foot glides, right and left; beginner two-foot spin, up to two revolutions; and bonus skill forward lunges for both legs.

| Tucker Road Ice Rink | tuckerroadicerink@pgparks.com |              |
|----------------------|-------------------------------|--------------|
| 276015-585A          | 6 - 16yrs.                    | 6 classes    |
| Sat                  | 11:45am - 12:15pm             | starts Sep 9 |
|                      | \$80(R); \$104(NR)            |              |
| 276015-585B          | 6 - 16yrs.                    | 6 classes    |
| Sat                  | 12:15 - 12:45pm               | starts Sep 9 |
|                      | \$80(R); \$104(NR)            |              |
| 276015-585C          | 6 - 16yrs.                    | 6 classes    |
| Sat                  | 11:45am - 12:15pm             | starts Nov 4 |
|                      | \$80(R); \$104(NR)            |              |
| 276015-585D          | 6 - 16yrs.                    | 6 classes    |
| Sat                  | 12:15 - 12:45pm               | starts Nov 4 |
|                      | \$80(R); \$104(NR)            |              |

Learn to Skate: Basic 5

Continue building your ice-skating skills! In this course, skaters will learn to backward outside edge on a circle, right and left; backward inside edge on a circle, right and left; backward crossovers; forward outside three-turn, right and left; advanced two-foot spin; hockey stop, both directions; and a bonus skill, side toe hop, on the right and left.

| Tucker Road Ice Rink      tuckerroadicerink@pgparks.com |   |                           |
|---|---|---------------------------|
| 276016-585A<br>Sat                                      | 6 - 16yrs.<br>11:15 - 11:45am<br>\$80(R); \$104(NR) | 6 classes<br>starts Sep 9 |
| 276016-585B<br>Sat                                      | 6 - 16yrs.<br>11:15 - 11:45am<br>\$80(R); \$104(NR) | 6 classes<br>starts Nov 4 |

PGA Junior League Golf

Stay on course with your golf skills. PGA Junior League will get you excited about a new and fun way of learning golf. Youth of all accomplishment levels will learn the game with expert coaching and advice. Receive numbered jerseys and compete on teams with friends in a two-person scramble format. Build your self-confidence through mentorship by professional instructors as you perfect your abilities. Register today and give it your best shot!

| Enterprise Golf Course      enterprisegolf@pgparks.com    |  |                             |
|---|--|-----------------------------|
| 27675-595F<br>Thu, Sat                                    | 8 - 13yrs.<br>6:00 - 7:00pm<br>\$100(R); \$130(NR) | 10 classes<br>starts Sep 28 |
| Henson Creek Golf Course<br>hensoncreekgolf@pgparks.com   |  |                             |
| 27675-593D<br>Wed, Sat                                    | 8 - 13yrs.<br>6:00 - 7:00pm<br>\$100(R); \$130(NR) | 10 classes<br>starts Sep 27 |
| Kentland Community Center      kentlandcc@pgparks.com     |  |                             |
| 27675-540A<br>Wed, Sat                                    | 8 - 13yrs.<br>6:00 - 7:00pm<br>\$100(R); \$130(NR) | 10 classes<br>starts Sep 27 |
| Paint Branch Golf Course      paintbranchgolf@pgparks.com |  |                             |
| 27675-594D<br>Mon, Sat                                    | 8 - 13yrs.<br>6:00 - 7:00pm<br>\$100(R); \$130(NR) | 10 classes<br>starts Sep 25 |

Softball Clinic: Mixed Ages

It’s a grand slam! This softball training program is designed to teach fundamental techniques, as well as conditioning programs for advanced players, to improve their abilities in preparation for high level competition. Build character, self-confidence, and improve your fitness. Come in from the dugout and enhance your game with us!

| Palmer Park Community Center<br>palmerparkcc@pgparks.com |   |                           |
|--|---|---------------------------|
| 27604-557A<br>Sat  | 8 - 18yrs.<br>12:00 - 4:00pm<br>\$40(R); \$52(NR) | 4 classes<br>starts Sep 9 |
| 27604-557B<br>Sat  | 8 - 18yrs.<br>12:00 - 4:00pm<br>\$40(R); \$52(NR) | 4 classes<br>starts Oct 7 |
| 27604-557C<br>Sat  | 8 - 18yrs.<br>12:00 - 4:00pm<br>\$30(R); \$39(NR) | 3 classes<br>starts Nov 4 |

Tennis: Mixed Ages, Intermediate

Increase reaction times, muscle tone, and strength in this next level tennis course! Learn intermediate skills which will build your self-confidence, keep you healthy, and help you achieve your goals in the sport! Keep your eye on the ball and enroll today.

| Fairland Sports Complex      fairlandsports@pgparks.com |  |                             |
|---|--|-----------------------------|
| 27641-523B<br>Thu                                       | 10 - 16yrs.<br>4:00 - 5:00pm<br>\$132(R); \$172(NR)  | 12 classes<br>starts Sep 7  |
| 27641-523C<br>Fri                                       | 10 - 16yrs.<br>5:00 - 7:00pm<br>\$216(R); \$281(NR)  | 12 classes<br>starts Sep 8  |
| 27641-523D<br>Sat                                       | 10 - 16yrs.<br>12:00 - 2:00pm<br>\$216(R); \$281(NR) | 12 classes<br>starts Sep 9  |
| 27641-523A<br>Mon                                       | 10 - 16yrs.<br>6:00 - 7:00pm<br>\$132(R); \$172(NR)  | 12 classes<br>starts Sep 11 |

Tennis: Mixed Ages, QuickStart

In cooperation with USTA, this introductory tennis class for boys and girls use the short-court format with slower balls, lower nets, simplified scoring and smaller rackets. This format allows kids to begin to play much sooner while having more fun.

| John E. Howard Community Center<br>johnehowardcc@pgparks.com |  |                            |
|--|--|----------------------------|
| 27625-538A<br>Wed  | All ages<br>5:00 - 6:00pm<br>\$35(R); \$46(NR) | 4 classes<br>starts Sep 6  |
| 27625-538B<br>Wed  | All ages<br>5:00 - 6:00pm<br>\$35(R); \$46(NR) | 4 classes<br>starts Oct 11 |
| 27625-538C<br>Wed  | All ages<br>5:00 - 6:00pm<br>\$35(R); \$46(NR) | 4 classes<br>starts Nov 15 |

Volleyball: Mixed Ages, Beginner

Volleyball ranks in the top five of most popular team sports in the world. Join the excitement in this physically active pastime. Develop the proper techniques for defense, passing, attacking, blocking, and serving. We will keep the game real as we compete in a recreational and fun manner. Don’t stay on the sidelines. Sign up today and get in on the action.

| Glenn Dale Community Center<br>glenndalecc@pgparks.com |  |                             |
|--|--|-----------------------------|
| 27649-527AA<br>Tue, Thu                                | 8 - 13yrs.<br>6:00 - 7:00pm<br>\$50(R); \$65(NR) | 12 classes<br>starts Sep 12 |
| 27649-527BB<br>Tue, Thu                                | 8 - 13yrs.<br>6:00 - 7:00pm<br>\$50(R); \$65(NR) | 12 classes<br>starts Nov 7  |

| Good Luck Community Center<br>goodluckcc@pgparks.com |                                      |                            |
|--|--------------------------------------|----------------------------|
| 27649-529A<br>Wed                                    | 10 - 18yrs.<br>6:00 - 8:00pm<br>Free | 13 classes<br>starts Sep 6 |

| South Bowie Community Center<br>southbowiecc@pgparks.com |  |                            |
|--|--|----------------------------|
| 27649-574A<br>Sat  | 9 - 13yrs.<br>11:30am - 12:30pm<br>\$50(R); \$65(NR) | 8 classes<br>starts Sep 9  |
| 27649-574B<br>Sat  | 9 - 14yrs.<br>12:45 - 1:45pm<br>\$50(R); \$65(NR)    | 8 classes<br>starts Sep 9  |
| 27649-574AA<br>Sat                                       | 9 - 13yrs.<br>11:30am - 12:30pm<br>\$25(R); \$33(NR) | 4 classes<br>starts Nov 11 |
| 27649-574BB<br>Sat                                       | 9 - 14yrs.<br>12:45 - 1:45pm<br>\$25(R); \$33(NR)    | 4 classes<br>starts Nov 11 |

| Southern Reg Tec & Rec Complex      techrec@pgparks.com |   |                            |
|---|---|----------------------------|
| 27649-577A<br>Sat                                       | 12 - 17yrs.<br>11:00am - 12:00pm<br>\$35(R); \$46(NR) | 5 classes<br>starts Sep 9  |
| 27649-577B<br>Sat                                       | 12 - 17yrs.<br>11:00am - 12:00pm<br>\$35(R); \$46(NR) | 5 classes<br>starts Oct 21 |

Volleyball: Mixed Ages, Intermediate/Advanced

Outplay! Outwork! Outlast! Become a better volleyball player on the intermediate or advanced levels. Improve your defense, passing, attacking, blocking, and serving techniques. Gain better understanding of offensive and defensive positions in competitive game scenarios. This is a class of fun, fitness, and friendships. Register now and we’ll meet you at the net.

| Good Luck Community Center<br>goodluckcc@pgparks.com |                                      |                           |
|--|--------------------------------------|---------------------------|
| 27653-529A<br>Fri                                    | 10 - 18yrs.<br>6:00 - 7:00pm<br>Free | 8 classes<br>starts Sep 8 |
| 27653-529B<br>Fri                                    | 10 - 18yrs.<br>6:00 - 8:00pm<br>Free | 8 classes<br>starts Sep 8 |

| South Bowie Community Center<br>southbowiecc@pgparks.com |   |                            |
|--|---|----------------------------|
| 27653-574A<br>Sat  | 10 - 16yrs.<br>2:00 - 3:30pm<br>\$55(R); \$72(NR)       | 8 classes<br>starts Sep 9  |
| 27653-574AA<br>Sat                                       | 10 - 16yrs.<br>2:00 - 3:30pm<br>\$27.50(R); \$36.50(NR) | 4 classes<br>starts Nov 11 |
| Southern Reg Tec & Rec Complex      techrec@pgparks.com  |   |                            |
| 27653-577A<br>Sat  | 12 - 17yrs.<br>12:15 - 1:15pm<br>\$35(R); \$46(NR)      | 5 classes<br>starts Sep 9  |
| 27653-577B<br>Sat  | 12 - 17yrs.<br>12:15 - 1:15pm<br>\$35(R); \$46(NR)      | 5 classes<br>starts Oct 21 |

Therapeutic Recreation

ADULTS

Therapeutic Recreation: AquaFit

Looking for a class that combines low-impact fitness with the therapeutic benefits of the water? This small-group fitness class includes cardiovascular, flexibility, and strengthening exercises for a total-body workout and is designed for adults with disabilities who reside in Prince George’s County. Instructor teaches from the water and provides hands-on support and guidance. Flotation devices, adapted equipment, and modified exercises accommodate various skill levels. Class will be held in chest-deep water. Individuals must be able to participate independently or bring their own aide/companion.

| Fairland Aquatics Center<br>countywidetrprograms@pgparks.com |                                       |                            |
|--|---------------------------------------|----------------------------|
| 25420-578A<br>Tue  | 18 & up<br>10:00 - 10:45am<br>\$40(R) | 8 classes<br>starts Sep 19 |

Therapeutic Recreation: AquaTone

Join us for an exciting, low-impact workout with lots of music. Exercising in water helps to improve your flexibility, to lessen your joint stiffness and pain, and to increase your stamina. Relieve stress with gentle movements and breathing techniques. This program is designed specifically for persons with disabilities who reside in Prince George’s County. Staff to participant ratio is 1:4. Individuals must be able to participate independently with minimal assistance or bring their own aide. All abilities welcome!

| Southern Area Aquatics Rec Complex<br>countywidetrprograms@pgparks.com        |                                       |                            |
|---|---------------------------------------|----------------------------|
| 25414-578C<br>Thu   | 18 & up<br>12:30 - 12:45pm<br>\$40(R) | 8 classes<br>starts Sep 7  |
| Southern Regional Aquatic Wellness Center<br>countywidetrprograms@pgparks.com |                                       |                            |
| 25414-578B<br>Fri   | 18 & up<br>1:00 - 1:45pm<br>\$40(R)   | 8 classes<br>starts Sep 8  |
| 25414-578A<br>Mon   | 18 & up<br>1:00 - 1:45pm<br>\$40(R)   | 8 classes<br>starts Sep 11 |

Therapeutic Recreation: Learn-to-Swim Lessons

Lessons will be held at various locations in the county. Designed for children and adults with disabilities who reside in Prince George’s County and require individualized instruction. For a list of classes, please visit pgparksdirect.com and search activity code: 25627, or email AdaptedAquatics@pgparks.com.

Therapeutic Recreation: Veterans Learn-to-Swim Class

Are you looking to increase your confidence in and around the water? Join this beginner’s Learn-to-Swim class specifically designed for veterans with disabilities. This class will develop water safety awareness and teach introductory swimming skills. Take advantage of the therapeutic benefits of the water, build confidence, and increase the safety of yourself, family, and friends while exercising or recreating on the water. Learn entry/exit, floating, treading water, and basic stroke mechanics for the front crawl, breaststroke, and elementary backstroke.

| Southern Area Aquatics Rec Complex<br>countywidetrprograms@pgparks.com |                                      |                            |
|--|--------------------------------------|----------------------------|
| 25418-578A<br>Tue  | 18 & up<br>12:30 - 1:15pm<br>\$30(R) | 6 classes<br>starts Sep 12 |



MIXED AGES

Group Strength Training

Learn to safely tone and strengthen your body using fitness room equipment in a small group setting. This program is designed specifically for persons with disabilities who reside in Prince George’s County.

College Park Community Center  
countywidetrprograms@pgparks.com

|            |               |               |
|------------|---------------|---------------|
| 25614-578a | 18 & up       | 6 classes     |
| Thu        | 6:30 - 7:30pm | starts Oct 19 |
|            | \$30 (R)      |               |

Therapeutic Recreation: Art, Mixed Ages

This visual arts program will introduce different artistic mediums for self-expression and provide opportunities for skill development. Includes instruction in basic art techniques for drawing, painting, sculpting, collage and printmaking. This program is specifically designed for persons with disabilities who reside in Prince George’s County. This class has a staff to participant ratio of 1:4.

Glenn Dale Community Center  
countywidetrprograms@pgparks.com

|            |               |              |
|------------|---------------|--------------|
| 25608-578A | 13 & up       | 8 classes    |
| Wed        | 6:30 - 7:30pm | starts Sep 6 |
|            | \$65 (R)      |              |

Therapeutic Recreation: Bocce Ball

A fun field game that everyone can play! Develop and improve hand-eye coordination while improving social skills with peers. This program is designed specifically for individuals with disabilities that reside in Prince George’s County.

Southern Area Aquatics Rec Complex  
countywidetrprograms@pgparks.com

|            |               |               |
|------------|---------------|---------------|
| 25631-578C | 13 & up       | 8 classes     |
| Wed        | 6:30 - 7:45pm | starts Sep 13 |
|            | \$40 (R)      |               |

Therapeutic Recreation: Bowling, Mixed Ages

Make a lucky strike! Join our bowling program for fun and fitness. Improve your bowling skills, develop your winning technique, and expand your circle of friends. There is not a moment to SPARE! Sign up today, lace up your shoes, and let the good times roll! This program is designed specifically for individuals with disabilities who reside in Prince George’s County.

Marlow Heights AMF Bowling Center  
countywidetrprograms@pgparks.com

|            |                  |               |
|------------|------------------|---------------|
| 25616-578B | 13 & up          | 31 classes    |
| Sat        | 9:30am - 12:30pm | starts Sep 23 |
|            | \$65 (R)         |               |

Therapeutic Recreation: Drum-n-Tone

Drum-n-Tone puts the physical activity of drumming to music! Drum to the rhythm of your favorite songs and get in shape at the same time. Adaptable for all ability levels, easy to learn, and a blast to join! Drum-n-Tone is a program designed for individuals with disabilities that reside in Prince George’s County.

Southern Area Aquatics Rec Complex  
countywidetrprograms@pgparks.com

|            |               |              |
|------------|---------------|--------------|
| 25612-578C | 13 & up       | 7 classes    |
| Tue        | 6:30 - 7:30pm | starts Nov 7 |
|            | \$40 (R)      |              |

Therapeutic Recreation: Hip-Hop Dance

Pump up the volume and get ready to move. Join us for a basic, hip-hop dance class that promotes gross motor development, concentration, memory, balance, and social interaction with peers while in your home. Keep in motion with basic skills include popping, locking, breaking, and freestyling. This program is designed for individuals with disabilities who reside in Prince George’s County.

Lake Arbor Community Center  
countywidetrprograms@pgparks.com

|            |               |              |
|------------|---------------|--------------|
| 25639-578A | 13 & up       | 8 classes    |
| Fri        | 6:30 - 7:30pm | starts Sep 8 |
|            | \$40 (R)      |              |

Therapeutic Recreation: Karate, Mixed Ages

Get a kick out of this fun class of basic karate. Learn the foundations of this popular sport. Karate develops gross motor skills, hand-eye coordination, balance, and social interaction. Basic skills for the sport also include stances, punches, kicks, blocks, and midair strikes. This program is designed for individuals with disabilities who reside in Prince George’s County.

Lake Arbor Community Center  
countywidetrprograms@pgparks.com

|            |               |              |
|------------|---------------|--------------|
| 25638-578A | 13 & up       | 8 classes    |
| Tue        | 7:30 - 8:30pm | starts Sep 5 |
|            | \$40 (R)      |              |

Therapeutic Recreation:  
Yoga, Mixed Ages, All Levels

Yoga can be for everyone! Register today to learn poses and movements which awaken your inner self to the benefits of yoga. Improve your flexibility, core strength, and respiration. Give attention to the present moment as you learn to be in a state of mindfulness. This class is designed for individuals with disabilities who reside in Prince George’s County.

Upper Marlboro Community Center  
countywidetrprograms@pgparks.com

|            |               |               |
|------------|---------------|---------------|
| 25633-578A | 13 & up       | 8 classes     |
| Mon        | 6:00 - 7:00pm | starts Sep 11 |
|            | \$40 (R)      |               |

Visual Arts

CHILDREN

Animation: Children

Learn the process of silent animation from concept development,through storyboard planning, set and character building, to production. Students will use computer software and explore stop action animation, and claymation in easy techniques that can be replicated outside of the studio classroom.

Montpelier Arts Center      montpelierarts@pgparks.com

|            |                     |               |
|------------|---------------------|---------------|
| 30205-548A | 8 - 12yrs.          | 6 classes     |
| Sun        | 1:00 - 3:00pm       | starts Sep 24 |
|            | \$60 (R); \$78 (NR) |               |

Comic Book Art

Learn how comic books are drawn, inked, colored, and printed. Produce full-size pages of your own original comic book story.

Montpelier Arts Center      montpelierarts@pgparks.com

|            |                     |               |
|------------|---------------------|---------------|
| 30203-548A | 8 - 12yrs.          | 6 classes     |
| Sat        | 2:30 - 4:30pm       | starts Sep 23 |
|            | \$60 (R); \$78 (NR) |               |

Drawing: Children

Learn to draw by developing hand and eye coordination. Students will experiment with pencil, paper, and markers.

Montpelier Arts Center      montpelierarts@pgparks.com

|            |                     |               |
|------------|---------------------|---------------|
| 30204-548A | 8 - 12yrs.          | 6 classes     |
| Sat        | 10:00am - 12:00pm   | starts Sep 23 |
|            | \$60 (R); \$78 (NR) |               |

Open Studio: Children

Children will explore their imagination and try different art making styles. A lead instructor will be available to guide your young artist in a myriad of 2D and 3D materials and methods. Sign up today and discover the amazing art your child will create.

Brentwood Arts Exchange      brentwoodarts@pgparks.com

|            |                       |              |
|------------|-----------------------|--------------|
| 30213-510A | 6 - 12yrs.            | 10 classes   |
| Sat        | 10:30am - 12:00pm     | starts Sep 9 |
|            | \$120 (R); \$156 (NR) |              |

Painting: Children

Art is an adventure! Enroll in this class and your child will be on the path to learning the skills needed to begin expressing themselves through art. In this course they will pick up a paintbrush and begin to learn basic design with watercolor. Painting is a great, creative way for children to develop fine motor skills, problem solving skills, and creates an additional channel for their self-expression. Contact the facility for a list of materials.

Montpelier Arts Center      montpelierarts@pgparks.com

|            |                     |               |
|------------|---------------------|---------------|
| 30210-548A | 8 - 12yrs.          | 6 classes     |
| Sat        | 3:00 - 5:00pm       | starts Sep 23 |
|            | \$60 (R); \$78 (NR) |               |

TEENS

Animation: Teens

Get started with digital animation using the free and an open-source program Blender. This class will instruct you in the fundamentals of digital animation. You will visualize concepts, create simple characters, and apply motion to activate your creative animations. As you are being taught to use free software, you have the option to download Blender at home to practice the skills you will learn in class.

Montpelier Arts Center      montpelierarts@pgparks.com

|            |                     |               |
|------------|---------------------|---------------|
| 30301-548A | 13 - 16yrs.         | 6 classes     |
| Sun        | 3:30 - 5:30pm       | starts Sep 24 |
|            | \$60 (R); \$78 (NR) |               |

Comic Books

Learn how comic books are drawn, inked, colored and printed. Produce full-size pages of your own, original comic book story.

Montpelier Arts Center      montpelierarts@pgparks.com

|            |                     |               |
|------------|---------------------|---------------|
| 30305-548A | 13 - 16yrs.         | 6 classes     |
| Sat        | 12:00 - 2:00pm      | starts Sep 23 |
|            | \$60 (R); \$78 (NR) |               |

Drawing: Teens

Experiment with pencil and paper including coordination exercises between hand and eye. Materials: sketch pad, 2 (B) pencils, and a kneaded eraser.

Montpelier Arts Center      montpelierarts@pgparks.com

|            |                     |               |
|------------|---------------------|---------------|
| 30307-548A | 13 - 17yrs.         | 6 classes     |
| Sat        | 12:30 - 2:30pm      | starts Sep 23 |
|            | \$60 (R); \$78 (NR) |               |

Painting: Teens

Learn to paint with either watercolor or acrylic. Obtain the materials list from the center and be prepared to paint the first day.

Montpelier Arts Center      montpelierarts@pgparks.com

|            |                     |               |
|------------|---------------------|---------------|
| 30309-548A | 13 - 17yrs.         | 6 classes     |
| Sun        | 3:00 - 5:00pm       | starts Sep 24 |
|            | \$60 (R); \$78 (NR) |               |

Photography: Digital, Teens

Learn to take photographs with your digital camera and turn them into something fun using the computer.

Brentwood Arts Exchange      brentwoodarts@pgparks.com

|            |                       |               |
|------------|-----------------------|---------------|
| 30303-510A | 13 - 17yrs.           | 10 classes    |
| Mon        | 5:00 - 7:00pm         | starts Sep 11 |
|            | \$120 (R); \$156 (NR) |               |

ADULTS

Art Workshop Series

The Brentwood Arts Exchange’s popular art workshops for adults are here! Explore this season’s workshops offering a variety of opportunities to work with art mediums, engage in art-making processes, and explore sources of inspiration for personal content creation. Whatever your motivation, our roster of professional artists active within their field look forward to working with you.

Brentwood Arts Exchange      brentwoodarts@pgparks.com

|            |                     |               |
|------------|---------------------|---------------|
| 30439-510A | 18 & up             | 1 class       |
| Sat        | 1:00 - 4:00pm       | starts Sep 16 |
|            | \$30 (R); \$39 (NR) |               |

|            |                     |               |
|------------|---------------------|---------------|
| 30439-510B | 18 & up             | 1 class       |
| Sat        | 1:00 - 4:00pm       | starts Oct 28 |
|            | \$35 (R); \$46 (NR) |               |

|            |                     |               |
|------------|---------------------|---------------|
| 30439-510C | 18 & up             | 1 class       |
| Sat        | 1:00 - 4:00pm       | starts Nov 11 |
|            | \$40 (R); \$52 (NR) |               |

Ceramics: Adults, Intermediate

Students with some hand-building and wheel ceramics experience will be introduced to intermediate techniques in this intensive adults ceramics program. Additional fee for clay required, as well as a small firing fee will be charged for glazed pieces. Please wear old clothes!

| Montpelier Arts Center | montpelierarts@pgparks.com |               |
|------------------------|----------------------------|---------------|
| 30406-548A             | 18 & up                    | 8 classes     |
| Tue                    | 12:00 - 3:00pm             | starts Sep 19 |
|                        | \$115(R); \$150(NR)        |               |

Ceramics: Adults, Advanced

Why be cast in the same mold as everyone else? Get empowered through artistic self-expression! Join us to learn advanced throwing and glazing techniques. This class is for students who have mastered basic pottery techniques and they will work at their own pace.

| Langley Park Community Center | langleyparkcc@pgparks.com |              |
|-------------------------------|---------------------------|--------------|
| 30402-543A                    | 18 & up                   | 11 classes   |
| Tue                           | 6:00 - 8:30pm             | starts Sep 5 |
|                               | \$240(R); \$312(NR)       |              |

Ceramics: Adults, All Levels

Develop your own work of art! Join our ceramics course to learn wheel practice and hand-building techniques. We will emphasize individual learning needs so you achieve your artistic goals in a relaxed, confidence-building environment.

| Laurel-Beltsville Senior Activity Ctr | laurelbeltsvilleseniors@pgparks.com |               |
|---------------------------------------|-------------------------------------|---------------|
| 30403-546A                            | 50 & up                             | 10 classes    |
| Tue                                   | 10:00am - 2:00pm                    | starts Sep 26 |
|                                       | \$75(R); \$98(NR)                   |               |
| 30403-546B                            | 50 & up                             | 10 classes    |
| Wed                                   | 10:00am - 2:00pm                    | starts Sep 27 |
|                                       | \$75(R); \$(NR)                     |               |
| 30403-546C                            | 50 & up                             | 10 classes    |
| Thu                                   | 10:00am - 2:00pm                    | starts Sep 28 |
|                                       | \$75(R); \$98(NR)                   |               |

Ceramics: Raku, Adults Beginner

Raku is ancient form of Japanese pottery that uses low firing temperatures and the removal of the pieces from the kiln while still glowing hot. Because this process creates a unique surface finish, often with crackled textures, Raku techniques have been adopted and modified by potters around the world. Through class demonstrations, participants will be taught an introductory understanding of raku pottery, firing procedures, kiln types, raku clay and glazes.

| Harmony Hall Arts Center | harmonyhallarts@pgparks.com |              |
|--------------------------|-----------------------------|--------------|
| 30425-503B               | 18 & up                     | 11 classes   |
| Fri                      | 9:30am - 12:30pm            | starts Sep 8 |
|                          | \$124(R); \$162(NR)         |              |

Ceramics: Raku/Cone 10, Advanced

Explore making clay objects using several firing methods. Geared toward individual learning interests. No production potters, please. Additional fee for clay.

| Montpelier Arts Center | montpelierarts@pgparks.com |               |
|------------------------|----------------------------|---------------|
| 30416-548A             | 18 & up                    | 8 classes     |
| Thu                    | 6:30 - 9:30pm              | starts Sep 21 |
|                        | \$115(R); \$150(NR)        |               |

Drawing: Adults

Is there a future work of art on your drawing board! Discover your artistic abilities as we introduce you to still life drawing and sketching in this empowering and exciting class. Drawing improves logic, creativity, memory, motor skills, and feelings of accomplishment. Sign up today!

| Laurel-Beltsville Senior Activity Ctr | laurelbeltsvilleseniors@pgparks.com |              |
|---------------------------------------|-------------------------------------|--------------|
| 30407-546A                            | 50 & up                             | 12 classes   |
| Wed                                   | 10:00am - 12:00pm                   | starts Sep 6 |
|                                       | \$65(R); \$85(NR)                   |              |
| 30407-546B                            | 50 & up                             | 12 classes   |
| Thu                                   | 10:00am - 12:00pm                   | starts Sep 7 |
|                                       | \$65(R); \$85(NR)                   |              |

Native American Flute Making

Students will use a variety of hand tools to create their very own, one-of-a-kind, Native American flute. The instructor will be on hand to guide each artist on their unique journey to completion of this artistic and soulful instrument.

| Montpelier Arts Center | montpelierarts@pgparks.com |               |
|------------------------|----------------------------|---------------|
| 30411-548A             | 18 & up                    | 6 classes     |
| Wed                    | 6:30 - 9:30pm              | starts Sep 27 |
|                        | \$100(R); \$130(NR)        |               |

Painting: Adults

Develop ideas from sketches to canvas. Paint from direct observation. Bring sketching and painting materials (including a prepared canvas) and still life ideas to first class. Call for materials list.

| Harmony Hall Arts Center | harmonyhallarts@pgparks.com |               |
|--------------------------|-----------------------------|---------------|
| 30414-503B               | 18 & up                     | 8 classes     |
| Wed                      | 10:00am - 1:00pm            | starts Sep 13 |
|                          | \$145(R); \$189(NR)         |               |

Painting: Chinese Brush

Learn oriental painting techniques such as sumi ink, bamboo brush painting and Chinese calligraphy. All materials will be provided.

| Laurel-Beltsville Senior Activity Ctr | laurelbeltsvilleseniors@pgparks.com |               |
|---------------------------------------|-------------------------------------|---------------|
| 30410-546A                            | 18 & up                             | 12 classes    |
| Mon                                   | 5:15 - 7:15pm                       | starts Sep 11 |
|                                       | \$70(R); \$91(NR)                   |               |

Sculpture: Clay, Beginner/Intermediate, Adults

Using terra cotta clay, become acquainted with the techniques of clay modeling. Develop your own personal style; individual instruction provided.

| Harmony Hall Arts Center | harmonyhallarts@pgparks.com |               |
|--------------------------|-----------------------------|---------------|
| 30426-503B               | 18 & up                     | 10 classes    |
| Tue                      | 1:00 - 4:00pm               | starts Sep 12 |
|                          | \$104(R); \$136(NR)         |               |

Watercolor: Adults, All Levels

Color your world! Learn the basic elements of being a good painter using shape, value, line, and color while receiving individualized instruction based on your skill level. Register for this course, which may help you reduce stress, and increase your creativity. Call for a list of materials prior to class.

| Harmony Hall Arts Center | harmonyhallarts@pgparks.com |               |
|--------------------------|-----------------------------|---------------|
| 30428-503B               | 18 & up                     | 10 classes    |
| Thu                      | 10:00am - 1:00pm            | starts Sep 14 |
|                          | \$90(R); \$117(NR)          |               |

SENIORS

Photography: Digital, Seniors

A picture is worth a thousand words! Reframe your world by learning photography through this class. This invigorating, self-esteem boosting class will teach you camera operation, controls, aesthetic decisions, how to download, manipulate, and print your digital images.

| Lake Arbor Community Center | lakearborcc@pgparks.com |              |
|-----------------------------|-------------------------|--------------|
| 30507-541A                  | 60 & up                 | 8 classes    |
| Fri                         | 9:00am - 12:30pm        | starts Sep 8 |
|                             | \$45(R); \$59(NR)       |              |
| 30507-541B                  | 60 & up                 | 8 classes    |
| Fri                         | 9:00am - 12:30pm        | starts Nov 3 |
|                             | \$45(R); \$59(NR)       |              |

MIXED AGES

3-D Design and Printing: Mixed Ages

Turn your inventive idea into a reality! Join us for a walk through the emerging technology of three dimensional (3-D) digital design. This is a cutting edge, hands-on experience where you will learn the basics of making printable objects through computer aided design (CAD) software which uses Tinkercad. Express yourself creatively by bringing designs to life as we consider the larger world of 3-D innovation! No experience necessary.

| Brentwood Arts Exchange | brentwoodarts@pgparks.com |              |
|-------------------------|---------------------------|--------------|
| 30621-510A              | 9 - 14yrs.                | 10 classes   |
| Sat                     | 12:30 - 2:30pm            | starts Sep 9 |
|                         | \$120(R); \$156(NR)       |              |

Ceramics: Mixed Ages, All Levels

Course includes wheel practice and hand-building techniques emphasizing individual learning needs.

| Montpelier Arts Center | montpelierarts@pgparks.com |               |
|------------------------|----------------------------|---------------|
| 30640-548A             | 16 & up                    | 8 classes     |
| Tue                    | 6:30 - 9:30pm              | starts Sep 19 |
|                        | \$115(R); \$150(NR)        |               |

Ceramics: Mixed Ages, Intermediate

Break the mold, not the one-of-a-kind pottery masterpiece you'll create in this class! Craft unique ceramic works of art by learning basic techniques of hand-built and wheel-thrown pottery. Learn the firing process and how to glaze. Intermediate students focus on materials, techniques, control, and fluency through practice. Develop ceramic making skills and self-confidence while you enjoy this stress reducing class!

| Langley Park Community Center | langleyparkcc@pgparks.com |              |
|-------------------------------|---------------------------|--------------|
| 30643-543f                    | 13 & up                   | 11 classes   |
| Mon                           | 10:00am - 12:30pm         | starts Sep 4 |
|                               | \$240(R); \$312(NR)       |              |
| 30643-543g                    | 13 & up                   | 11 classes   |
| Mon                           | 6:00 - 8:30pm             | starts Sep 4 |
|                               | \$240(R); \$312(NR)       |              |
| 30643-543h                    | 13 & up                   | 11 classes   |
| Tue                           | 10:30am - 1:00pm          | starts Sep 5 |
|                               | \$240(R); \$312(NR)       |              |
| 30643-543i                    | 13 & up                   | 11 classes   |
| Wed                           | 6:00 - 8:30pm             | starts Sep 6 |
|                               | \$240(R); \$312(NR)       |              |

Ceramics: Workshop

This activity is designed for adult/child pairs: parent/child, aunt/niece, etc. Learn basic hand building, decoration, and glazing techniques. Fee is per person.

| Montpelier Arts Center | montpelierarts@pgparks.com |               |
|------------------------|----------------------------|---------------|
| 30601-548A             | 6 & up                     | 2 classes     |
| Sun                    | 12:00 - 2:00pm             | starts Oct 15 |
|                        | \$45(R); \$59(NR)          |               |

Photography: Digital Level 1, Mixed Ages

Learn to take photographs with your digital camera and turn them into something fun using the computer.

| John E. Howard Community Center | johnehowardcc@pgparks.com |               |
|---------------------------------|---------------------------|---------------|
| 30629-538A                      | All ages                  | 4 classes     |
| Thu                             | 5:00 - 6:00pm             | starts Sep 7  |
|                                 | \$35(R); \$46(NR)         |               |
| 30629-538B                      | All ages                  | 4 classes     |
| Thu                             | 5:00 - 6:00pm             | starts Oct 12 |
|                                 | \$35(R); \$46(NR)         |               |
| 30629-538C                      | All ages                  | 4 classes     |
| Thu                             | 5:00 - 6:00pm             | starts Nov 16 |
|                                 | \$35(R); \$46(NR)         |               |

Printmaking: Mixed Ages

Set yourself apart with works of beautiful art! Reserve your spot to learn the creative art of printmaking by drawing, transferring, etching, inking, painting, and constructing imagery on blocks or plates. Print your designs through techniques including intaglio, monotype, and linocut. Express yourself creatively! Experienced students can work at their own speed and have access to the Center's printing presses. Sign up today and leave your mark on the world.

| Montpelier Arts Center | montpelierarts@pgparks.com |               |
|------------------------|----------------------------|---------------|
| 30631-548A             | 16 & up                    | 8 classes     |
| Thu                    | 6:30 - 9:30pm              | starts Sep 28 |
|                        | \$100(R); \$130(NR)        |               |





Adriana,  
Community  
Outreach

## ¡Obtenga más información sobre el Departamento de Parques y Recreación en español!

Visite la página de internet **[pgparks.com](http://pgparks.com)**. Nuestras páginas de internet se pueden traducir en español y en otros idiomas. En la esquina superior derecha de la página, haga clic en “Translate” y escoja “Spanish.”

### ¡Hablamos su idioma!

Nuestro personal tiene acceso a un servicio de interpretación telefónica y puede ayudarle en más de 150 lenguajes, incluyendo español. Por favor pregunte por este servicio cuando nos llame o visite.

### Manténgase informado acerca de los próximos eventos y programas

Nuestro boletín informativo del M-NCPPC, Departamento de Parques y Recreación le llegará a su correo electrónico semanalmente. Para suscribirse envíe un correo electrónico a **[public.affairs@pgparks.com](mailto:public.affairs@pgparks.com)** con el asunto: “Boletín Informativo.” Su correo electrónico se utiliza para enviar información sobre eventos y programas y no se comparte con otras personas.

### Invítenos a participar en sus eventos

Queremos conectar con su grupo comunitario. Tenemos personal que pueden poner una mesa con información sobre el Departamento y/o hacer presentaciones en español sobre:

- Oportunidades recreacionales en el condado
- Oportunidades de voluntariado y empleo

Para más información llame al 301-699-2255 o envíe un correo electrónico a: **[customerservice@pgparks.com](mailto:customerservice@pgparks.com)**

### Matricúlese en clases y actividades usando el sistema **PARKS DIRECT** en español

Para matricularse, establezca una cuenta GRATIS de **PARKS DIRECT**. Visite cualquier centro comunitario de M-NCPPC, Departamento de Parques y Recreación con documentación que compruebe residencia en el condado, edad, e identidad de cada miembro de su familia que quiera incluir en su cuenta. Una vez establecida su cuenta matricúlese por internet, o en persona. Para más información llame al 301-699-2255, o visite **[pgparks.com](http://pgparks.com)** y haga clic en el logotipo de **PARKS DIRECT**.

*Usted puede comprobar su residencia\* /que viva en el condado con:*

Licencia de conducir o tarjeta de identidad MVA; cuenta de servicios (agua, teléfono, luz o gas); contrato de alquiler; certificado de propiedad o carta original de la Agencia de Discapacidad escrita en membrete oficial.

*\*Si no comprueba su residencia /que viva en el condado, se le cobrará la tarifa de no residente (que no vive en el condado).*

*Usted puede comprobar su edad con:*

Licencia de conducir o tarjeta de identidad MVA; pasaporte; visa de residente; certificado de nacimiento con sello autorizado; certificado de bautismo (con fecha de nacimiento) con sello autorizado; carta original del colegio escrito en membrete oficial o carta original de la Agencia de Discapacidad escrita en membrete oficial.

El Departamento de Parques y Recreación ofrece asistencia financiera para poder participar en sus programas y servicios. Puede descargar los formularios en español, visitando **[pgparks.com](http://pgparks.com)** y haga clic en la pestaña "Actividades y Eventos" en la parte superior de la página y después haga clic en "Asistencia de cuotas y becas."

Para más información o pedir una solicitud, llame al 301-699-2255.

#### Precios sujetos a cambios sin previo aviso

Los precios en esta guía están sujetos a cambios. Por favor póngase en contacto con el sitio del programa para obtener información actualizada.

### Participe en una actividad

¡Encuentre una clase, un programa, un paseo o programa para usted, sus niños o un miembro de su familia que sea mayor de 60 años! Visite **[pgparks.com](http://pgparks.com)** o llame al 301-699-2255.

El Departamento también ofrece una membresía GRATIS para niños y jóvenes edades 6-17 años, para entrar a los centros comunitarios y sus gimnasios gratis. Para más información sobre cómo obtenerlo y las actividades que incluye, visite **[pgparks.com](http://pgparks.com)** o llame al 301-699-2255; Maryland Relay 7-1-1 para clientes sordos, con problemas de audición o discapacidades del habla.

#### Para niños y jóvenes:

Los centros comunitarios ofrecen entrada gratuita y programas para los jóvenes los viernes y sábados por la noche. Para horarios de actividades y eventos especiales visite el sitio de internet **[pgparks.com](http://pgparks.com)** o llame al 301-699-2255.

El Departamento ofrece programas con acomodaciones especiales y recreación terapéutica para niños y jóvenes con discapacidades. Para más información sobre los servicios ofrecidos y como pedirlos llame al 301-446-3400.

#### Para personas de la tercera edad:

El Departamento ofrece una membresía GRATIS para personas de la tercera edad para entrar a los centros comunitarios y sus gimnasios gratis. Para más información sobre cómo obtenerlo y las actividades que incluye visite **[pgparks.com](http://pgparks.com)** o llame al 301-699-2255; Maryland Relay 7-1-1 para clientes sordos, con problemas de audición o discapacidades del habla.

Seis centros de actividades para personas de la tercera edad o “senior activity centers” ofrecen una variedad de servicios para personas mayores de 60 años. Eventos especiales, viajes, clases, información y referencias se ofrecen en estos centros. También se ofrecen almuerzos nutritivos y transporte limitado en los centros.

También ofrecemos programas para personas de la tercera edad con discapacidades. Para más información sobre los servicios ofrecidos y como pedirlos, llame al 301-446-3400.

### Alquile un local para su fiesta o celebración

¿Busca un sitio sin igual para su recepción, fiesta, quince años o reunión? Visite **[pgparks.com](http://pgparks.com)**.

Para disponibilidad del local y más detalles, comuníquese con el gerente del mismo.

Para reservar centros recreativos (con o sin cocina), áreas de picnic bajo techo o parcela para sembrar, llame al 301-699-2400 o visite **[pgparks.com](http://pgparks.com)**.

Para reservar canchas atléticas y/o campos, llame al 301-446-6800 o visite **[pgparks.com](http://pgparks.com)**.

### Encuentre un parque

Visite **[pgparks.com](http://pgparks.com)** y haga clic en la pestaña "Parques y senderos" en la parte superior de la página y después haga clic en "Buscador de parques." Puede encontrar el parque más cercano a usted o el que tiene los servicios que busca.

### Comparta sus talentos y done su tiempo – ¡Sea voluntario!

Individuos y grupos pueden ayudar con proyectos de un día o asistir de manera continua. Algunas oportunidades califican para obtener horas de estudiantil, requeridas por las escuelas públicas en el Condado de Prince George's o para los “Scouts”. Para más información, visite **[pgparks.com](http://pgparks.com)** y haga clic en la pestaña "Involucrarse" en la parte superior de la página y después haga clic en "Oportunidades para voluntarios."

# M-NCPPC Facilities

**M-NCPPC is celebrating over 95 years of excellence, since 1927!**  
**The Department of Parks and Recreation provides quality recreation programs, facilities, and services for residents and visitors.**

Many staffed facilities offer classes, programs, and special events for people of all ages. Gymnasiums, meeting rooms, kitchens, multipurpose activity rooms, weight/fitness rooms and pre-school rooms are some of the components found in community centers. Outdoor amenities vary from site to site and include combinations of play equipment, athletic fields, multipurpose courts, picnic areas, and trails. For information about a staffed facility, contact the facility directly. To learn more about a specific park and its amenities visit [pgparks.com](http://pgparks.com).



**live more, play more**  
**pgparks.com**

## ARTS FACILITIES

Arts/Harmony Hall Regional Center  
10701 Livingston Rd., Fort Washington 20744  
301-203-6070 · [harmonyhallarts@pgparks.com](mailto:harmonyhallarts@pgparks.com)

Brentwood Arts Exchange at Gateway  
Arts Center  
3901 Rhode Island Ave., Brentwood 20722  
301-277-2863 · [Brentwoodarts@pgparks.com](mailto:Brentwoodarts@pgparks.com)

Montpelier Arts Center  
9652 Muirkirk Rd., Laurel 20708  
301-377-7800 · [Montpelierarts@pgparks.com](mailto:Montpelierarts@pgparks.com)

Prince George's Equestrian Center/  
The Show Place Arena  
14900 Pennsylvania Ave.,  
Upper Marlboro 20772  
301-952-7999 · 301-952-7900  
[showplacearena@pgparks.com](mailto:showplacearena@pgparks.com)

Publick Playhouse  
5445 Landover Rd., Cheverly 20784  
301-277-1710  
[publickplayhouse@pgparks.com](mailto:publickplayhouse@pgparks.com)

The Clarice at University of Maryland  
Rte. 193 and Stadium Dr.  
University of Maryland, College Park 20742  
301-446-3232  
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## COMMUNITY CENTERS AND DIVISION OFFICES

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301-464-1737  
[bowiecc@pgparks.com](mailto:bowiecc@pgparks.com)

Cedar Heights Comm. Center  
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301-773-8881  
[cedarheightscc@pgparks.com](mailto:cedarheightscc@pgparks.com)

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301-441-2647  
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College Park Youth Services Center  
4912 Nantucket Rd., College Park 20740  
301-345-4425  
[Collegeparkcc@pgparks.com](mailto:Collegeparkcc@pgparks.com)

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301-341-3749  
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Fort Washington Forest Comm. Center  
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301-292-4300  
[FortWashingtonCC@pgparks.com](mailto:FortWashingtonCC@pgparks.com)

Glassmanor Comm. Center  
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301-567-6033 · [glassmanorcc@pgparks.com](mailto:glassmanorcc@pgparks.com)

Glenarden Comm. Center  
8615 McLain Ave., Glenarden 20706  
301-772-3151 · [glenardenc@pgparks.com](mailto:glenardenc@pgparks.com)

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301-352-8983 · [Glenndalecc@pgparks.com](mailto:Glenndalecc@pgparks.com)

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301-203-6040 · [harmonyhallrc@pgparks.com](mailto:harmonyhallrc@pgparks.com)

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301-464-3725 · [Huntingtoncc@pgparks.com](mailto:Huntingtoncc@pgparks.com)

Indian Queen Rec. Center  
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301-839-7816  
[southernareaprograms@pgparks.com](mailto:southernareaprograms@pgparks.com)

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Kentland Comm. Center  
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301-386-2278  
[Kentlandcc@pgparks.com](mailto:Kentlandcc@pgparks.com)

Lake Arbor Comm. Center  
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301-333-6561  
[lakearborcc@pgparks.com](mailto:lakearborcc@pgparks.com)

Langley Park Comm. Center  
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301-445-4508 · [langleyparkcc@pgparks.com](mailto:langleyparkcc@pgparks.com)

Largo/Kettering/Perrywood Comm. Center  
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301-390-8390  
[largoketteringperrywoodcc@pgparks.com](mailto:largoketteringperrywoodcc@pgparks.com)

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301-423-0505 · [marlowheightscc@pgparks.com](mailto:marlowheightscc@pgparks.com)

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301-864-0756  
[Northbrentwoodcc@pgparks.com](mailto:Northbrentwoodcc@pgparks.com)

North Forestville Comm. Center  
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301-350-8660  
[northforestvillecc@pgparks.com](mailto:northforestvillecc@pgparks.com)

Northern Recreation & Leisure Services  
1500 Merrimac Dr., Hyattsville 20783  
301-445-4500  
[Northernareaprograms@pgparks.com](mailto:Northernareaprograms@pgparks.com)  
[Northerninclusion@pgparks.com](mailto:Northerninclusion@pgparks.com)

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20743  
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[oakcrestcc@pgparks.com](mailto:oakcrestcc@pgparks.com)

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[potomaclandingcc@pgparks.com](mailto:potomaclandingcc@pgparks.com)

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301-853-2005  
[Rollingcrestcc@pgparks.com](mailto:Rollingcrestcc@pgparks.com)

Seat Pleasant Activity Center  
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301-773-6685  
[seatpleasantac@pgparks.com](mailto:seatpleasantac@pgparks.com)

South Bowie Comm. Center  
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301-249-1622  
[southbowiercc@pgparks.com](mailto:southbowiercc@pgparks.com)

Southern Area Aquatics and Recreation  
Complex (SAARC)  
13601 Missouri Ave., Brandywine 20613  
301-782-1442  
[saarc@pgparks.com](mailto:saarc@pgparks.com)

Southern Recreation & Leisure Services  
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301-203-6000  
[southernareaprograms@pgparks.com](mailto:southernareaprograms@pgparks.com)

Southern Regional Technology  
and Recreation Complex  
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[stephendecaturcc@pgparks.com](mailto:stephendecaturcc@pgparks.com)

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301-736-3518 · [suitlandcc@pgparks.com](mailto:suitlandcc@pgparks.com)

Temple Hills Comm. Center  
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Tucker Road Comm. Center  
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301-248-4404 · [tuckerroadcc@pgparks.com](mailto:tuckerroadcc@pgparks.com)

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Upper Marlboro 20772 · 301-627-2828  
[uppermarlorcc@pgparks.com](mailto:uppermarlorcc@pgparks.com)

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301-516-5300 · [westphaliacc@pgparks.com](mailto:westphaliacc@pgparks.com)

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301-568-7719  
[williambeanesc@pgparks.com](mailto:williambeanesc@pgparks.com)

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[northernareaprograms@pgparks.com](mailto:northernareaprograms@pgparks.com)

Heurich Dog Park  
Corner of Nicholson and Ager Roads  
Hyattsville 20782 · 301-445-4500  
[northernareaprograms@pgparks.com](mailto:northernareaprograms@pgparks.com)

Riverdale Dog Park  
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301-445-4500  
[northernareaprograms@pgparks.com](mailto:northernareaprograms@pgparks.com)

Rollins Avenue Park  
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301-446-3300  
[centralareaprograms@pgparks.com](mailto:centralareaprograms@pgparks.com)

## HISTORIC AND RENTAL SITES

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301-446-3232 · [Blackhistory@pgparks.com](mailto:Blackhistory@pgparks.com)

Adelphi Mill  
8402 Riggs Rd., Adelphi 20783  
301-699-2400 · [Park-Permits@pgparks.com](mailto:Park-Permits@pgparks.com)

Billingsley House  
6900 Green Landing Rd.,  
Upper Marlboro 20772 · 301-627-0730  
[billingsleyhouse@pgparks.com](mailto:billingsleyhouse@pgparks.com)

Cherry Hill Cemetery  
6821 Ingraham St., Riverdale 20737  
301-627-1286 · [PGParkRangers@pgparks.com](mailto:PGParkRangers@pgparks.com)

College Park Aviation Museum  
1985 Cpl. Frank Scott Dr., College Park 20740  
301-864-6029  
[Collegeparkaviation@pgparks.com](mailto:Collegeparkaviation@pgparks.com)

Columbia Air Center  
16000 Croom Airport Rd.,  
Upper Marlboro 20772 · 301-627-6074  
[blackhistory@pgparks.com](mailto:blackhistory@pgparks.com)



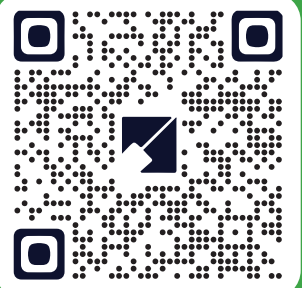
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| <p>Darnall's Chance House Museum<br/>14800 Governor Oden Bowie Dr.,<br/>Upper Marlboro 20772 · 301-952-8010<br/>darnallschance@pgparks.com</p> <p>Dinosaur Park<br/>13201 Block of Mid-Atlantic Blvd.,<br/>Laurel 20708 · 301-627-7755<br/>Dinosaurpark@pgparks.com</p> <p>Dorsey Chapel<br/>10704 Brookland Rd., Glenn Dale 20769<br/>240-264-3415 · dorseychapel@pgparks.com</p> <p>Dueling Creek Natural Area<br/>Located in Colmar Manor Comm. Park<br/>3510 38th Ave., Colmar Manor 20722<br/>301-779-0371 · PGParkRangers@pgparks.com</p> <p>Marietta House Museum<br/>5626 Bell Station Rd., Glenn Dale 20769<br/>301-464-5291 · mariettahouse@pgparks.com</p> <p>Montpelier Mansion<br/>9650 Muirkirk Rd., Laurel 20708<br/>301-377-7817<br/>Montpeliermansion@pgparks.com</p> <p>Newton White Mansion<br/>2708 Enterprise Rd., Mitchellville 20721<br/>301-249-2004<br/>newtonwhitemansion@pgparks.com</p> <p>Northampton Slave Quarters and<br/>Archaeological Park<br/>10915 Water Port Ct., Bowie 20721<br/>301-627-1286<br/>blackhistory@pgparks.com</p> <p>Oxon Hill Manor<br/>6901 Oxon Hill Rd., Oxon Hill 20745<br/>301-839-7782 · oxonhillmanor@pgparks.com</p> <p>Patuxent Rural Life Museums<br/>at Patuxent River Park<br/>16000 Croom Airport Rd.,<br/>Upper Marlboro 20772 · 301-627-6074<br/>patuxentriverpark@pgparks.com</p> <p>Prince George's Ballroom<br/>2411 Pinebrook Ave., Landover 20785<br/>301-341-5917<br/>Princegoergesballroom@pgparks.com</p> <p>Ridgeley Rosenwald School<br/>8507 Central Ave., Capitol Heights 20743<br/>240-264-3415<br/>blackhistory@pgparks.com</p> <p>Riversdale House Museum<br/>4811 Riverdale Rd., Riverdale Park 20737<br/>301-864-0420<br/>Riversdale@pgparks.com</p> <p>Seabrook Schoolhouse<br/>6116 Seabrook Rd., Seabrook 20706<br/>301-464-5291<br/>centralareaprograms@pgparks.com</p> <p>Snow Hill Manor<br/>13301 Laurel-Bowie Rd., Laurel 20708<br/>301-725-6037<br/>Snowhillmanor@pgparks.com</p> <p>Surratt House Museum<br/>9118 Brandywine Rd., Clinton 20735<br/>301-868-1121 · surrathouse@pgparks.com</p> | <p>Cheltenham Natural Area<br/>Commo Rd. near Frank Tippet Rd. in<br/>Cheltenham<br/>301-627-7755 · PGParkRangers@pgparks.com</p> <p>Clearwater Nature Center (at Cosca Reg. Park)<br/>11000 Thrift Rd., Clinton 20735<br/>301-297-4575<br/>clearwaturnaturecenter@pgparks.com</p> <p>Clyde Watson Boating Area<br/>17901 Magruder's Ferry Rd. Baden 20613<br/>301-627-7755 · PGParkRangers@pgparks.com</p> <p>Cosca Regional Park<br/>11000 Thrift Rd., Clinton 20735<br/>301-868-1397 · PGParkRangers@pgparks.com</p> <p>Fairland Regional Park<br/>13820 &amp; 13950 Old Gunpowder Rd.,<br/>Laurel 20707 · 301-362-6060<br/>PGParkRangers@pgparks.com</p> <p>Fran Uhler Natural Area<br/>10300 Lemons Bridge Rd., Bowie 20715<br/>301-627-7755 · PGParkRangers@pgparks.com</p> <p>Governor Bridge Natural Area &amp; Canoe<br/>Launch<br/>7600 Governor Bridge Rd., Bowie 20715<br/>301-627-7755 · PGParkRangers@pgparks.com</p> <p>Lake Artemesia Natural Area<br/>8200 55th Ave., Berwyn Heights 20740<br/>301-627-7755 · PGParkRangers@pgparks.com</p> <p>Marlboro Natural Area<br/>17100 Swanson Rd., Upper Marlboro 20774<br/>301-627-7755 · PGParkRangers@pgparks.com</p> <p>Mount Calvert Historical and<br/>Archaeological Park<br/>16801 Mount Calvert Rd.,<br/>Upper Marlboro 20772 · 301-627-1286<br/>archaeology@pgparks.com</p> <p>Mount Rainier Nature &amp; Recreation Center<br/>4701 31st Pl., Mount Rainier 20712<br/>301-927-2163<br/>mtrainiernaturecenter@pgparks.com</p> <p>Old Maryland Farm (at Watkins Reg. Park)<br/>301 Watkins Park Dr., Upper Marlboro 20774<br/>301-218-6770<br/>oldmarylandfarm@pgparks.com</p> <p>Patuxent River 4-H Center<br/>18405 Queen Anne Rd.,<br/>Upper Marlboro 20774 · 301-218-3079<br/>PGParkRangers@pgparks.com</p> <p>Patuxent River Park/Jug Bay Natural Area<br/>16000 Croom Airport Rd.,<br/>Upper Marlboro 20772 · 301-627-6074<br/>patuxentriverpark@pgparks.com</p> <p>School House Pond<br/>Governor Oden Bowie Dr.,<br/>Upper Marlboro 20772 · 301-627-7755<br/>PGParkRangers@pgparks.com</p> <p>Suitland Bog Natural Area<br/>Suitland Rd. &amp; Suitland Pkwy., Suitland 20747<br/>301-627-7755 · PGParkRangers@pgparks.com</p> <p>Walker Mill Regional Park<br/>8840 Walker Mill Rd., District Heights 20747<br/>301-699-2400<br/>centralareaprograms@pgparks.com</p> <p>Watkins Nature Center<br/>301 Watkins Park Dr., Upper Marlboro 20774<br/>301-218-6702<br/>watkinsnaturecenter@pgparks.com</p> <p>Watkins Regional Park<br/>301 Watkins Park Dr., Upper Marlboro 20774<br/>301-218-6700<br/>centralareaprograms@pgparks.com</p> |
| <p>Aquasco Farm<br/>16665 Aquasco Farm Rd., Aquasco 20608<br/>301-627-7755<br/>PGParkRangers@pgparks.com</p> <p>Bladensburg Waterfront Park<br/>4601 Annapolis Rd., Bladensburg 20710<br/>301-779-0371<br/>Bladensburgwp@pgparks.com</p> <p>Cedar Haven Fishing Area<br/>18400 Phyllis Wheatley Blvd.,<br/>Eagle Harbor 20608 · 301-627-7755<br/>PGParkRangers@pgparks.com</p>  |  |

### NATURAL AREAS, NATURE CENTERS & REGIONAL PARKS

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| <p>Cosca Regional Skate Park<br/>11000 Thrift Rd., Clinton 20735<br/>301-868-1397<br/>www.mnccpc.org/4784/Skate-Parks</p> <p>Melrose Skate Park<br/>4666 Rhode Island Ave., Hyattsville 20781<br/>301-445-4500<br/>northernareaprograms@pgparks.com</p> <p>Mount Rainier Skate Park<br/>3700 Block 37th St. and Wells Ave.,<br/>Mount Rainier 20712 · 301-445-4500<br/>northernareaprograms@pgparks.com</p> <p>Sunnyside Skate Park<br/>10110 Rhode Island Ave., Beltsville 20705<br/>301-445-4500<br/>northernareaprograms@pgparks.com</p> <p>Walker Mill Skate Park<br/>8001 Walker Mill Rd., District Heights 20747<br/>301-218-6700<br/>centralareaprograms@pgparks.com</p>  | <p>Skate Parks</p>             |
| <p>Allentown Splash, Tennis and Fitness Park<br/>7210 Allentown Rd., Fort Washington 20744<br/>301-449-5566/67<br/>allentownpool@pgparks.com</p> <p>Cosca Tennis Bubble<br/>11000 Thrift Rd., Clinton 20735<br/>301-868-6462<br/>coscatennisbubble@pgparks.com</p> <p>Ellen E. Linson Splash Park (summer)<br/>5211 Campus Dr., College Park 20740<br/>301-277-3717 · linsonpool@pgparks.com</p> <p>Enterprise Golf Course<br/>2802 Enterprise Rd., Mitchellville 20721<br/>301-249-2040<br/>enterprisegolf@pgparks.com</p> <p>Fairland Sports &amp; Aquatics Complex<br/>Fairland Tennis Bubble<br/>13820 &amp; 13950 Old Gunpowder Rd.,<br/>Laurel 20707 · 301-362-6060<br/>fairlandaquatics@pgparks.com<br/>fairlandsports@pgparks.com<br/>fairlandtennis@pgparks.com</p> <p>Glenn Dale Splash Park (summer)<br/>11901 Glenn Dale Blvd., Glenn Dale 20769<br/>301-352-8980 · 301-772-5515<br/>glenndalepool@pgparks.com</p> | <p>Senior Activity Centers</p> |

|  |                                |
|--|--------------------------------|
| <p>Hamilton Splash Park (summer)<br/>3901 Hamilton St., Hyattsville 20781<br/>301-779-8224 · 301-853-9115<br/>hamiltonpool@pgparks.com</p> <p>Henson Creek Golf Course<br/>1641 Tucker Rd., Fort Washington 20744<br/>301-567-4646<br/>hensoncreekgolf@pgparks.com</p> <p>Herbert Wells Ice Rink (seasonal)<br/>5211 Campus Dr., College Park 20740<br/>301-277-3717 · wellsicerink@pgparks.com</p> <p>J. Franklyn Bourne Memorial Pool (summer)<br/>6500 Calmos St., Seat Pleasant 20743<br/>301-350-4422 · 301-583-2572<br/>bournepool@pgparks.com<br/>Kentland Golf Training Center<br/>2413 Pinebrook Ave., Landover 20785<br/>301-772-2527 · kentlandcc@pgparks.com</p> <p>Lane Manor Splash Park (summer)<br/>7601 West Park Dr., Hyattsville 20783<br/>301-422-7284 · 301-853-9115<br/>lanemanorpool@pgparks.com</p> <p>North Barnaby Splash Park (summer)<br/>5000 Wheeler Rd., Oxon Hill 20745<br/>301-894-1150 · 301-446-6800<br/>northbarnabypool@pgparks.com</p> <p>Paint Branch Community Park<br/>Disc Golf Course<br/>5202 Campus Dr., College Park 20740<br/>301-864-6029<br/>Collegeparkaviation@pgparks.com</p> <p>Paint Branch Golf Complex &amp;<br/>Performance Center<br/>4690 University Blvd., College Park 20740<br/>301-935-2600<br/>paintbranchgolf@pgparks.com</p> <p>Prince George's County Trap &amp; Skeet Center<br/>10400 Good Luck Rd., Glenn Dale 20769<br/>301-577-7178 · trapandskeet@pgparks.com</p> <p>Prince George's Sports &amp; Learning Complex<br/>8001 Sheriff Rd., Landover 20785<br/>301-583-2400 · splex@pgparks.com</p> <p>Prince George's Stadium<br/>4101 Northeast Crain Hwy., Bowie 20717<br/>301-805-6000 · info@baysox.com</p> <p>Rollingcrest-Chillum Splash Pool<br/>6122 Sargent Rd., Chillum 20782<br/>301-853-9115<br/>rollingcrestcc@pgparks.com</p> <p>Southern Regional Aquatic Wellness Center<br/>7011 Bock Rd., Fort Washington 20744<br/>301-749-4180<br/>wellnesscenterpool@pgparks.com</p> <p>Sugar Ray Leonard Amateur Boxing Center<br/>7707 Barlowe Rd., Palmer Park 20785<br/>301-386-5888/89<br/>sugarrrayleonard@pgparks.com</p> <p>Theresa Banks Memorial Aquatics Center/<br/>Glenarden Complex<br/>8615 McLain Ave., Glenarden 20706<br/>301-772-5515/16<br/>theresabankspool@pgparks.com</p> <p>Tucker Road Ice Rink<br/>1770 Tucker Rd., Fort Washington 20744<br/>301-265-1525<br/>tuckerroadicerink@pgparks.com</p> <p>Watkins Regional Park Miniature Mini-Golf<br/>Course (outdoor/seasonal)<br/>301 Watkins Park Dr., Upper Marlboro 20774<br/>301-218-6757<br/>centralareaprograms@pgparks.com</p> <p>Watkins Tennis Bubble<br/>301 Watkins Park Dr., Upper Marlboro 20774<br/>301-218-6870<br/>watkinstennisbubble@pgparks.com</p> | <p>Senior Activity Centers</p> |
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## Our Vision

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now and into the future.

## Our Mission Statement

To promote economic vitality, environmental sustainability, design excellence, and quality development in Prince George's County.

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## Update Your Calendar

Planning Board Meetings are held weekly on Thursdays. Go online to [www.pgplanning.org/Planning\\_Board.htm](http://www.pgplanning.org/Planning_Board.htm) or call 301-952-3560 to request mailing of the weekly agenda. Historic Preservation Commission Meetings are held the third Tuesday evening of each month—visit [www.pgplanning.org/hp.htm](http://www.pgplanning.org/hp.htm) for agendas or call 301-952-3680.

For more information and to access other planning research, maps, or reports, visit [www.mncppc.org/5186/Planning-Research](http://www.mncppc.org/5186/Planning-Research).

## Creating a Centralized Location for Key M-NCPPC Services Within Prince George's County!

The Maryland-National Capital Park and Planning Commission (M-NCPPC) has a new headquarters in Prince George's County! In 2023, M-NCPPC will begin a multi-stage relocation of the primary administrative offices for the Prince George's County Planning Board, Prince George's County Planning Department, and Prince George's County Department of Parks and Recreation to its new property – *Largo HQ*.

Aligned with the unified vision outlined in Prince George's Plan 2035 – the County's approved general plan – and for the Blue Line Corridor, the centralized location within the County will:

- provide most residents and stakeholders easier access to M-NCPPC services, Planning Board meetings, and public forums
- assist with Largo's evolution as an economic hub for the County
- create a collaborative space for approximately 800 employees that is designed to serve the community

The 25.8 acre-campus (the former home to the University of Maryland Global Campus) includes two buildings located at 1601 and 1616 McCormick Drive and a nature park and fitness trail. The renovations and the consolidation of offices will occur in multiple stages. The Planning Board and Planning Department are projected to relocate offices in late-summer/early-fall 2023. The relocation of the administrative offices of the Department of Parks and Recreation will occur at later dates.

**For more details on the new headquarters, visit [LargoHQ.com](http://LargoHQ.com).**

## Prince George's County Planning Department

14741 Governor Oden Bowie Drive  
Upper Marlboro, MD 20772  
301-952-3594 ● TTY 301-952-4366  
[www.pgplanning.org](http://www.pgplanning.org)



1616 McCORMICK DRIVE



1601 McCORMICK DRIVE



NATURE PARK AND FITNESS TRAIL



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Department of Parks and Recreation  
Prince George's County  
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